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Matt Furey, author of
Combat Conditioning

"15 Reasons Why 'Combat Conditioning' Is The Best Fitness Program for Martial Artists"

by Frank Sherrill

I was the total skeptic. Not only had I lifted weights for years, but after 21 years in the martial arts, I thought I'd seen it all. So I just didn't believe Matt Furey when he said you can get kick-butt fit with bodyweight calisthenics. I could bench 400 and squat 625. So there's no way that I was going to fall for what I assumed were "easy exercises."

But I couldn't shake this feeling that Furey might be right. I heard that Bruce Lee did these exercises, too. And Furey, who has been featured in major martial arts magazines around the world, is no slouch either. He was a world champion in Shuai-chiao kung fu and a national champion wrestler. What if he was telling the truth?

So I bought Furey's *Combat Conditioning* book and read it. In the book he challenges the readers with a test. 100 Hindu squats, followed by 50 Hindu pushups, then a one-minute back bridge.

Figuring this would be easy, I got started. At 40 Hindu squats my thighs were blazed. It took about 90 seconds; not long compared to my squat routine at the gym.

Next, I tried the Hindu pushups. Funny thing is my legs were still shaking. I dipped down and pushed back. At 15 my arms were throbbing. This couldn't be. No way. I could bench like there's no tomorrow and this exercise was nailing me. I gave up at 27 reps. This took about 1.5 minutes, so my workout had only been 3 minutes long.

Then the bridge. After three unsuccessful attempts of ten seconds, I gave up. The next day my legs, chest and arms were sore, but in a good way. I thought my legs got 10 times more work with weights, but I was wrong.

Over the course of three months my body changed big time. In fact, I've made

a list of 15 of the most amazing benefits that I and thousands of others have gotten from the *Combat Conditioning* program. I'm betting these are important to you, too:

1. I burned off excess body fat to the point where I could eat more than I normally did and still look terrific.
2. I packed functional muscle onto my legs, chest and back that I've never had before.
3. I got more flexible while getting stronger. I no longer need a separate workout just for stretching.
4. My endurance tripled. Very important in sparring.
5. My chronic back pain went away. And that was only after ONE week of bridging.
6. I sleep like a log. Eight hours of deep sleep is no longer a goal. It's automatic.
7. My confidence soared. Especially when I got compliments from people who hardly paid attention to me before.
8. I can train anywhere. I don't need more than a few square feet and I'm all set.
9. No equipment needed. Forget all the gadgets at home that just become clothing racks.
10. A killer workout in 15 minutes or less. You can spend more than 15 minutes, but don't do it right away.
11. Reduces injuries. My body holds together when I train. It is much more stable.
12. Eliminate pain associated with weight training injuries. No more shoulder pain from benching or back pain from deadlifts.
13. Turn back the clock. My friends tell me I look 5-10 years younger. Yaahoo.
14. Explosive strength. I didn't lose strength on this program. In fact, I gained it.
15. Increased speed. These exercises make you pliable and springy, like a tiger. This makes your movements FAST.

So there you have it. 15 reasons why *Combat Conditioning* is the best program for martial artists (or anyone, if you ask me).

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Guest EDITORIAL

by Johnny M. Davis

社説

Fear of Flying

Prior to a recent cross-country trip, I was sitting in the airport waiting area with hundreds of other passengers who no doubt had the September 11, 2001 tragedy at the forefront of their thoughts. The armed patrols in the lobby and the long lines in the baggage-inspection area were constant reminders of the increased security that followed the horrific event.

I couldn't help but notice the uneasiness of the pilots and flight attendants who had not yet boarded the plane. Although they tried to conceal it, their eyes spoke volumes. Anxious to hear how they felt about their job safety in the wake of the terrorist attacks, I asked them a few questions. They said they felt afraid and helpless. Yet they continue to do their jobs, enabling the public to travel for business and pleasure.

No matter how normal things may seem the next time you board a plane, flying will never be the same. As passengers, we must take on a new role and responsibility. No longer can we sit back passively during a hijacking and wait for the attackers to land the plane and demand a ransom. As we learned on September 11, that is no longer their modus operandi.

When you are 30,000 feet above the ground, your options are limited. You can cooperate as the hijackers take control of your destination and your life. You can wait until an Air Force fighter jet shoots you down. Or you can seize the initiative and attack the attackers in an attempt to regain control of the plane. Like most martial artists—and the heroes of Flight 93—I prefer the last option. I

may end up losing my life, but I might save thousands of others who happen to be at the target destination.

Because I was secure with my decision, I felt compelled to offer some ideas that might make the flight attendants feel better. They were pleased to learn of my martial arts training and seemed anxious to hear pointers on how to defend themselves if attacked.

I explained the importance of the first rule of self-defense: awareness. Upon arriving at the airport, I said, they should scan passengers to see if anyone is acting suspicious or doing anything out of the ordinary. They should constantly remind themselves not to get caught up in the race or gender issue because people are defined by their culture, beliefs and actions.

Next, I advised them to take a quick inventory of the interior of the plane and note items that can serve as weapons: the cord on the headphones that could be used for choking, the pillow and blankets that could be used to block a sharp object, and the magazines that could be rolled up and thrust into an eye or throat. Then I explained the importance of knowing where to strike to cause the most damage.

Finally, I told them that attitude is everything. The act of stopping a hijacker must start in your head. You may have to become someone you thought you never could be. Gouging out a man's eyes with a pen may seem beyond you, but to truly prepare yourself, you have to think about such actions. When it comes to defending your life and your freedom, what you can perceive, you can achieve. ✕

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Tom Kurz, 40, kicks cold

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Celebrity Boxing Wasn't So Bad

I am writing to comment on Bill Wallace's column titled "A Sucker Is Born Every Minute" in the June 2002 issue of *Black Belt*. Wallace has to understand that the average television viewer is not a martial arts expert with an appreciation for the technical aspects of the fighting sports. This fact should be apparent from the popularity of the shows put on by World Wrestling Entertainment.

The *Celebrity Boxing* program that he roasted had high ratings, and many enjoyed the bout be-

woman has a huge disadvantage when she has to fight a man (February 2002 issue). Wallace said that however skilled the woman may be in the martial arts, she is unlikely to take down a male assailant unless she has the element of surprise on her side. While I have never met "Superfoot," I am in total agreement with him.

I, too, teach self-preservation skills that may or may not help a woman defend herself against a lethal assault. I am honest with my students and tell them that no technique is 100-percent guaranteed to work against a man who is stronger than a woman—no matter what style or method she is trained in. I also tell them that if they are relying on empty-hand techniques alone, their chances of winning that encounter are 50-50 at best when the element of surprise is on their side and when they have the mental capacity to win.

Vasquez agreed with Wallace that a man's strength is greater than a woman's. He went on to say that a smaller man—namely Bruce Lee—could drop a man three times his own weight. Using Lee as an example is wrong. The last time I checked, it didn't matter how small Lee was, he was still a man. A standout among his peers, he was an enigma; but he was also human. If we are going to use him as an example, let's not forget in his early days he was subdued by a bigger, stronger man by the name of Gene LeBell.

Nothing should be taken away from great women martial artists like Kathy Long, Lucia Rijker, Stephanie Cheeva, Sophia Crawford and Karen Sheperd. While they are skilled practitioners, their accomplishments were in a ring setting in a controlled environment, fighting other women. How well they would do against a male attacker depends on who the man is. Does anyone really think any of them truly would stand a chance against Mike Tyson in the ring or someone like "Tank" Abbott out of the ring? When former boxing and kickboxing champion Graciela Casillas was faced with a lethal assault, she used an edged weapon to defeat her male attackers.

The principles of *aikido*, judo and *hapkido*, which redirect an opponent's energy against him, still require many years of practice to perfect. Most women don't have the time, interest or inclination to practice that long. Those few women who do are truly diamonds in the rough. But however skilled a 5-foot-4-inch woman may be, she will still be in big trouble against someone the size of Ken Shamrock.

FULL CONTACT

by Bill Wobbeson

A SUCKER IS BORN EVERY MINUTE

In this installment of *Pull Contact*, Bill Wallace winds up on Columbia Island, a novel New York location special that featured a much-ignored kiss between Ponder Jones and Agnes under things standing Wallace refused to watch the show, but he certainly had plenty to say about it.

Why would anyone do that? A grammarian probably told the contestants that they had to achieve three one-minute rounds to receive a certain amount of money and that they could go out and claw each other for a while if they wanted. Maybe one of them would even tell the opponent a couple things, but not hard enough to really hurt anyone. Then there would be a draw or somebody would quit.

接戰



Professional hurdle and bestselling comedienne, she's gotten successful on network TV, says former *chappelle* GO! *Madison* pageant, but *For*'s *Celebrity* *Boyz* scored big.

ing in a ring, there's a chance they could rip each other to pieces for a bit of publicity.

I know that when I'm in the crowd to watch a

right, I want to see someone who is like I am and who knows what it's all about. I want to see someone who has a lot of skills and knows how to defend himself and how to control himself. He

Critically, Huang put gloves on people who had never fought before and then for the audience cheer them on.

tween bad girls Paula Jones and Tonya Harding. Many fight fans also preferred the early, more unpredictable Ultimate Fighting Championship bouts to the current cross-trained competitor matches. Professional boxing champ Mike Tyson's increased popularity after his ear-biting and other antics should tell you what the average fight fan on the street is looking for. My Scottish-Irish ancestors had a word for it: *donnvbrook*.

Michael J. Hart
Hot Springs, AR

Diamonds in the Rough

I would like to respond to Byron Vasquez Jr. and J. Para's letters in the June 2002 issue of *Black Belt*. They were offended that Bill Wallace wrote that a



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BLACK BELT LETTERS

or The Rock. I have undergone various forms of survival training taught by Soviet and American Special Forces hand-to-hand combat instructors for most of my life. Yet when I was assaulted, I sustained a broken jaw and six broken ribs, and I still got stabbed. In fact, I spent three months in a hospital recovering. I would later encounter two more life-threatening situations in which deadly force was used, and my survival hinged on the fact that I was armed.

Too many times I have sat in on training sessions where an instructor preached the gospel of self-defense for women, showing them techniques that will fend off any foe. This is fantasy, not reality. I am not a woman basher or antifeminist, for I, too, am a woman. But to simply mislead women into a wishful thinking mind-set is not only immoral, but criminally negligent as well.

Yelena Pawela
Moscow, Russia

Wagner's System Is Right On!

This is in response to Romeo C. De Los Reyes' April 2002 letter about Jim Wagner's "Combat Arts for Street Warriors" column, which appeared in the February 2001 issue of *Black Belt*. I see De Los Reyes' point that to be efficient in a martial art, you are required to study it for a great length of time. I do believe, though, that Wagner was right when he suggested a six-month trial system. You won't completely understand a particular art in that time, but it will give you an understanding of what it is about. You will also learn what works for you and what doesn't, and after the trial period, you can decide whether or not to include that style in your practice.

Tyler Wagner
West Fargo, ND

Why I Read *Black Belt*

Melissa Soalt's "Fight Back: The Key to Repelling a Rapist Lies in Harness-

ing Your Fear!" in the July 2002 issue addressed the topic of self-defense from a very realistic perspective. I am a longtime reader of *Black Belt*, and articles like this are the reason why. Although she specifically refers to women's self-defense, there is a great deal to learn for everyone truly interested in reality training.

The way Soalt outlined her topic also made the article easy to read and understand, and I found her discussion of the psychological aspects of street combat particularly interesting. I am a 15-year police veteran and a 32-year martial arts practitioner. I am also a self-defense/subject-control instructor for my police agency and my community. The people I teach need to know the realities of what they will face on the street, and Soalt's article gives me a resource to which I can refer them.

Jack I. Mann
Bowersville, OH

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BLACK BELT TIMES

速報

TANG SOO DO FOUNDER PASSES AWAY

by Floyd Burk

INCHEON, SOUTH KOREA—*Moo duk kwan* tang soo do founder Hwang Kee died in a hospital here July 14, 2002. The 87-year-old *Black Belt* Hall of Fame member had become frail and increasingly dependent on medications in his final years and was admitted to the hospital in late June, reportedly complaining of severe chest pains. He was laid to rest in Kyong Ki Do province in South Korea.

Tang soo do founder Hwang Kee recently passed away.



"Hwang Kee did beautiful things in the martial arts. I'm not talking about just tang soo do; I'm talking about in general."

Hwang is survived by three daughters and a son, Hyun Chul, who was officially confirmed as the successor to the presidency of the U.S. Soo Bahk Do Moo Duk Kwan Federation by its board of directors on August 1, 2002. According to Ted Mason, chairman of the organization's Technical Advisory Committee, he has also been designated to lead the international association, which is located in Seoul.

"Hwang Kee did beautiful things in the martial arts," said Pittsburgh-based tang soo do expert C.S. Kim. "I'm not talking about just tang soo do; I'm talking about in general. He was not interested in who is a better teacher. He was interested in who is a better human being after practicing traditional tang soo do."

A special tribute to Hwang Kee will be published in the December 2002 *Black Belt*.

FRANK SHAMROCK SIDELINED BY BROKEN LEG

by Sara Fogan

SAN JOSE, CA—Generally impervious to pain, former Ultimate Fighting Championship titleholder Frank Shamrock thought little of the increasing tenderness in his right leg after he smashed it into the elbow of trainer Bob Cook in early August 2002. Shamrock was gearing up to face Ricardo Almeida at the World Extreme Cagefighting's East Coast premiere on August 31, 2002. The no-holds-barred champ wore full protective gear for the training session as he and Cook sparred at his school here. Unfortunately, the gear was not enough to protect his leg, and the athlete's high tolerance for pain delayed his seeking immediate medical attention.

Initially believing the injury was not serious, the *Black Belt* Hall of Fame member continued training even though the pain was intensifying. "It hurt like crazy, but I just thought I bruised it," he recalls. He put ice on the swollen limb every 20 minutes and continued to spar and wrestle in preparation for his upcoming fight. Two days after he was injured, he even flew to St. Louis, Missouri.

The moment of truth came when Shamrock found he could not walk well or stand on the leg during a heavy-duty wrestling session. An orthopedist told the 30-year-old NHB fighter he had fractured his fibula, then put his leg in a cast and told him not to train for one month while the bone healed. Doctors expect the leg to heal without any complications.

Despite being disappointed that he will not be able to fight in the WEC, Shamrock says he is enjoying his enforced time off. "Now that I can't go anywhere, I can get all this

stuff done—like talking on the phone and organizing my businesses,” he says.

KARATE LEGEND GEORGE DILLMAN TURNING 60

READING, PA—*Black Belt* Hall of Fame member and pressure-point expert George Dillman will celebrate his 60th birthday November 23, 2002. A ninth-degree black belt in *Ryukyu kempo* karate, he has devoted most of his life to the martial arts. He started training in judo at age 9, and when he was 14, he became a pro boxer for three and a half years. He started training in Okinawan karate with Harry G. Smith in 1961 and went on to become a tournament champion in fighting, forms, weapons and breaking from 1969 to 1972. He currently researches pressure points, internal energy and *kiai-jitsu*.

WESLEY SNIPES TO APPEAR AT BATTLE OF ATLANTA

ATLANTA—Joe Corley recently announced that Wesley Snipes will be inducted into the Battle of Atlanta Centurion Club at the 34th Annual Battle of Atlanta World Championships, scheduled to be held here September 7, 2002 at the Hyatt Regency.

“This is the most inspirational event we have ever produced,” Corley said. “I am an avid admirer, personally, of Wesley Snipes. He is a humble martial artist who has made it as big in his career as it gets. He is a spectacular role model.”

Past Centurion Club inductees include Chuck Norris, Pat Johnson, Bill Wallace, Jeff Smith, Bob Wall, Joe Lewis, Keith Vitali, Don Wilson, Ernie Reyes Sr. and Ernie Reyes Jr.

For more information, visit <http://www.battleofatlanta.com>.

POINT-KARATE PIONEER TO BE ROASTED

by Monique Perdue

HOUSTON—Once described by Bruce Lee as the meanest man he ever met, Jim Harrison, one of the pioneers of point karate in America, will be roasted here September 21, 2002. The extravaganza will begin September 20 with the opening of the Living Legends Sports Museum and a session of black-belt testing.

Numerous former karate champions—including Steve Muhammad (Sanders) of the Black Karate Federation, Bob Boggs, Parker Shelton and Ed Daniel—are expected to attend. For more information, call Gary Lee at (281) 240-1217 or (832) 541-6180. Or send e-mail to hawaiirock@yahoo.com.

PANKRATION TEAM TRIALS SCHEDULED FOR OCTOBER

MILWAUKEE, WI—The final selection for the United

Photo by Bruce Davidson/Now Film Cinema



Blade star Wesley Snipes is scheduled to attend the Battle of Atlanta.

States Pankration Team will be made here October 6, 2002 at the Milwaukee County Sports Complex. Prior to the selection of the team, an open competition featuring forms, weapons and point-fighting will take place. The winners from each weight category will be seeded for the final matches, and they will compete against the 2000 gold medalists for a place on the team. The finalists will make up the

BLACK BELT TIMES

United States Pankration Team, which will compete at the World Championship in Athens, Greece, in December 2002. For more information, call Rob Serrano at (414) 423-6700 or visit <http://www.teamuspankration.com>.

B.J. PENN IN TRAINING FOR UFC 39

HILO, HI—B.J. "The Prodigy" Penn has begun training for the Ultimate Fighting Championship 39: The Warriors Return, which is slated to be held September 27, 2002 at the Mohegan Sun in Uncasville, Connecticut.

He will face some tough competition on his quest to win the UFC lightweight title, which is currently vacant. The top contenders in the world are Penn (5-1-0), Matt Serra (11-1-0) of Long Island, New York, Din Thomas (16-2-0) of Orlando, Florida, and Caol Uno (12-4-2) of Kanagawa, Japan.

B.J. Penn is training in Hawaii for his upcoming fight in the UFC 39.

Photo by SARA ROGAN



Disappointed at not being able to get a rematch with former lightweight titleholder Jens Pulver, who beat Penn in the UFC 35 but has subsequently left the UFC, Penn is looking forward to his match with Serra, who has a similar style and strengths.

DISNEY MARTIAL ARTS FESTIVAL SET FOR OCTOBER

BUENA VISTA, FL—Disney's Third Annual Martial Arts Festival will be held here

October 24-27, 2002 at the Wide World of Sports Complex. More

than 1,000 martial athletes from around the world are expected to compete in the multi-discipline event. Divisions will include traditional weapons and forms, creative weapons and forms, open forms, *wushu*, *kung fu*, *tai chi*, *judo kata*, *judo* sparring, *jujutsu*, no-uniform grappling, point sparring and Olympic-style *taekwondo* sparring. The team com-

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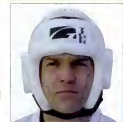
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LEGENDS OF KUNG FU

by Mark Cheng

Family Lineage

功夫

Many people in the Chinese martial arts world talk about family secrets and the family environment in which our arts are taught. So it's natural for the conversation to digress into a discussion about how masters teach their children and how the eldest son gets all the family secrets. There's an air of mystique about that, and there's no denying that the public likes stories about how the favorite son learned things that even the closest disciples never did. But in reality, this isn't always the case.

Throughout China's history, many men have distinguished themselves in the martial arts. Many of their sons did not follow in their footsteps during their formative years. However, some of these famous scions claim they learned the entirety of their father's system even when they spent at most a couple years training while he was alive. There are more than a few grandmasters doing this now.

PHOTO BY SUK POKAN

In an effort to attract attention, martial arts instructors often make inflated claims about having studied with famous masters, says Mark Cheng.



The situation is complicated, and there are several reasons why people do this. In the martial arts world, prestige is important for gaining recognition from peers and attracting students. Many adults are no different from children in the ways that they reach out for attention, and they make false claims about their skills just to have the spotlight on them.

In China's *tai chi* community, a well-known figure who has since passed away claimed he learned the entire system from his uncle, a proven fighter. He went on to popularize his system all over the country, yet when you look at the dates during which those two men lived, you realize that there was a very short overlap. Unless the uncle was teaching his nephew the advanced principles of the style at age 6, there's little chance the youth could have learned it in its entirety from him.

There's another person in Taiwan whose grandfather was among China's most feared fighters, yet those who were around the family when he was a boy know that he never trained with his esteemed grandfather. Now that the grandfather is dead, the grandson is proclaiming mastery of his secret teachings even though most of them seem to have nothing to do with the system his grandfather taught.

In the United States, there is a kung fu teacher who learned a little from his well-respected brother in Hong Kong. Upon immigrating to America, he began acting like he'd learned everything directly from his brother. Insiders said he'd actually learned the forms from videos and never really took the time to train with his sibling while they were together in Hong Kong.

You might ask why family members don't take advantage of their relationship to such an esteemed person and learn directly from him during their lifetime and then tell the truth about their training in later years. Here are a few reasons, as explained to me by my teachers and kung fu brothers:

It's hard to teach and enforce martial discipline with family members, especially kids. Asian children will get their share of discipline to begin with, but not that many will express the same interest or passion for training as their parents do. Pushing a child to do something as serious as the martial arts is a waste of time, and most parents do not want to

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WAY OF THE WARRIOR

by Keith Vargo

Star Wars Geeks

武士道

While watching the news the other day, I saw a report about the premiere of the new *Star Wars* movie. It showed a line of 30-something people, mostly men, who'd been waiting outside the theater for days to see *Episode II: Attack of the Clones*. They were all dressed in elaborate Jedi costumes, waving plastic light sabers and way too full of dorky enthusiasm.

As I watched those middle-aged nerds play at being superheroes, I grew more and more uncomfortable. It looked embarrassingly familiar, like a scene from some *dojo*.

Some martial arts training halls cater to a kind of kung fu theater fantasy. They look like a cross between a Buddhist temple and a Chinese restaurant. Practitioners train in semi-traditional uniforms that are usually made of satin or augmented with fierce-looking animal patches. They practice a lot of forms and self-defense routines and everyone works

hard, yet the action looks like it is being performed by actors who are preparing for the stage instead of people who are preparing for combat.

Things really start to look like *Star Wars* when people get into *chi* power. It usually amounts to doing a punch, trap or push-hands technique while trying to project an invisible "force" from the bottom of their belly. But watching a class full of people doing this doesn't inspire mystical awe like Yoda did when he helped Luke Skywalker navigate the dangers of Jedi training in *The Empire Strikes Back*. It feels like a bunch of well-costumed kung fu theater devotees indulging their fantasies. However, because they're sharing the same fantasy, everyone is nice enough not to interrupt a partner's *chi* technique with a kick to the face.

Some dojos are different. They try their best to recreate the original training halls of Asia. Their students wear uniforms appropriate to the time

PHOTO BY CYNTHIA KIM



Practitioners must always remember that the roots of the martial arts lie in fighting, the author says. (For illustrative purposes, self-defense instructor Sang H. Kim is shown.)

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period and nation of origin of the art. They strive for historical accuracy in technique and terminology. But are they really any different from Civil War hobbyists? Are they any different from the guys who spend their summer vacation stomping around Gettysburg and re-enacting that famous battle? For that matter, are they any different from the Society for Creative Anachronism people who recreate medieval battles at Renaissance fairs? Maybe not.

If martial arts practice strays from real fighting, then we are like the above-mentioned hobbyists. If there is no danger in practice, no struggle with unyielding opponents, no glimpses of mortality, then it's hardly martial arts. It's a bunch of men and women enacting a martial arts drama and enjoying their simulated reality. It is no different from the creative-anachronism people or *Star Wars* geeks. It is going through the motions because we like the idea of fighting but not fighting itself.

Some people might find this offensive. After all, the martial arts are about more than just fighting, right? Right. But fighting is the root of everything else the martial arts are about. If we ignore that, we lose the arts' meaning and vitality. At best, we turn ourselves into faithful hobbyists like those Civil War re-enactors. At worst, we become costumed buffoons like those rabid *Star Wars* fans, aping an epic story instead of creating one for real with our lives. Either way, once we distance ourselves from fighting, we stop being martial artists. ✕

About the author: Keith Vargo is a free-lance writer, researcher and martial arts instructor who currently lives in Japan.

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STATE OF TAEKWONDO

by Christopher D. Hess

Dynamic Taekwondo Burns Calories

跆拳道

Most people take up *taekwondo* so they can learn self-defense, but if you practice the Korean art dynamically, you will derive much more: You'll burn up to 858 calories an hour. That may not sound like a lot, but it's twice the rate of someone performing aerobic dance and the same as someone running seven nine-minute miles.

Back in 1999, a study of the energy consumed while practicing karate showed that an hour-long training session burned approximately 480 calories. But the study measured the effects of traditional training, in which the students' performance included brief spurts of high-intensity exercise with rest periods in between. A new study of dynamic taekwondo training shows that when practitioners punch, kick, step and adopt stances without resting between movements and while working out in a cyclic manner, the energy expenditure for an experienced male black belt can be as high as 858 calories an hour.

These results, which were published in the *Journal of Strength Conditioning Research*, are based on research conducted at the Exercise Physiology Laboratory of Auburn University. The study is considered a landmark because it measured dynamic taekwondo, pertains to women as well as men, and applies to the average practitioner, not just the elite black belt.

The study conclusively showed that dynamic taekwondo practitioners indeed get much more for their efforts than just self-defense. For each 20-minute increment, experienced males burned 316 calories and novice males 286, while experienced females burned 201 calories and novice females 194. However, these results could not simply be multi-

plied by three to estimate the total calories burned in an hour because the subjects took a short breather every 20 minutes. Thus, experienced males burned 14.3 calories a minute during an hour-long session, resulting in 858 calories an hour.

The study also revealed several other important aspects of training. First, a more proficient person trains harder and thus burns more calories than a beginner. Second, dynamic taekwondo burns so many calories because of the lateral and backward directions of movement.

The energy requirement and the cardio-respiratory demand can increase



When performed dynamically, the high-intensity moves of taekwondo can form the basis of an excellent aerobic workout.

PHOTO BY SARA FOGAN

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15 percent to 24 percent based on the person's speed. Those are two good reasons to develop your skills and practice them in a number of directions if total calories burned is as much a motivation for your training as basic self-defense.

The subjects who participated in the study worked out an average of three times a week for about one hour and 15 minutes per session. The average novice male was 21 years old and weighed 178 pounds, while the average experienced male was 25 years old and weighed 150 pounds. The average female novice was 20 years old and weighed 139 pounds, and the average experienced female was 31 years old and weighed 130 pounds. Obviously, the results enjoyed by the test subjects apply to a variety of ages and sizes.

If you are interested in realizing the same benefits, perform your art's basic punches, kicks, jumps, steps and stances for up to 20 minutes without resting, then take a short break and start the next 20-minute interval. After a second breather, perform the final segment. Maintain your intensity at all times, and you will be on your way to losing weight, boosting your cardiovascular fitness and improving your martial arts ability. 

About the author: Christopher D. Hess is a specialist in martial arts conditioning certified by the International Sport Sciences Association. He is also the author of Total Quality Martial Arts (Multi-Media, 1999). The results of the study conducted by Auburn University were published in the Journal of Strength Conditioning Research, 16(2): p. 278-285, 2002.

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KARATE WAY

by Dave Lowry

Whom Do You Trust?

空手道

Back in the early '70s, one of the champions of karate was a man named Jones. Possessed of a powerful body, brains, guts and talent, he was among the best *karateka* of his generation. He'd trained extensively with a famous figure in Japanese karate. He hit like a truck smacking into a shopping cart, had a flair for unexpected attacks and was utterly fearless and cool against any opponent. Some of those opponents were young, hot, Japanese karateka who got back on the plane limping and nursing their bruises.

Jones was just reaching his competitive peak when an international karate championship was announced in Japan. The competition would be fierce, and since non-Japanese karateka from all over the world were beginning to emerge as champions, Japan had to prove it was still the home of the best. Jones, however, didn't go. Only a few months before the championship, his *sensei* told him not to. A couple decades later, it is still good for us to wonder why—and to think about the implications the incident has for those of us who submit ourselves to the authority of a *budo* teacher.

Jones' teacher was one of the most renowned

in the world. He was also Japanese, and I had heard him make remarks in his mother tongue that convinced me he was racially biased (as are many Japanese). But in balance, he was a teacher who devoted himself to his Western students and made huge sacrifices to teach them—which makes his forbidding Jones to go to the competition all the more interesting.

The karate world in the West was split equally on the issue. Some said it was because of racism: The teacher, a Japanese national, was afraid Jones would make his people look bad by beating the pants off them. To preserve his country's dignity, he kept his student out of it.

Others presented a different viewpoint: The teacher was trying to impart an essential lesson. For the past few years, Jones' focus had been on this competition. He was entirely absorbed by it, much like an Olympic skier or runner training obsessively, honing himself to be at his peak. It is possible that his master was trying to teach him that being a champion wasn't the goal of *budo*. Maybe it was his way of saying: "OK, you've proved you're a champion in the tournament world. Now it's time to start maturing as a *budoka*—as a teacher."

Still others suggested that Jones' teacher was testing him, like when God asked Abraham to sacrifice his kid: "How much do you really trust me? Do you trust me enough as your *sensei* to turn away from the thing you've desired most for the past few years? If so, you are ready to receive some of my most serious teaching."

I never put all that much stock in *budo* competition. I enjoyed the little I did, but I never had the heart of a champion or the drive necessary to get to the top. My karate teachers thought competition was stupid. If my judo *sensei* had forbidden me from competing, it wouldn't have

*Competition is a popular part of the martial arts, but it is not the be-all and end-all of *budo* training, the author says.*





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been the worst disaster in my life, so it's hard to put myself in Jones' position. Instead, what I've thought about over the years is the implications this incident had on the student-teacher relationship.

I have never trained with a teacher I did not trust to have my best interests in mind. None of them has been perfect. Some have been quirky, moody or otherwise tricky to get along with. Some have not liked Westerners in general—including those who were Westerners. Some were better teachers; some were better people. But never did I wonder about their motivations for teaching me the way they did. I suppose one essential factor in this is that I have known all my teachers—not just as sensei, but also as human beings. I have slept and eaten in their homes, known their families and traveled with them. I suspect that in Jones' case, he'd never even entered his instructor's house. He knew his sensei as the guy who teaches class, but even after years of intense training, he didn't know much about him as a human being. That put him at a considerable disadvantage in trying to determine the real motives for his teacher's actions.

The incident of Jones and his instructor is one we all should reflect on—students and teachers, alike. What would you have done if you were Jones? What would you have done as his teacher? Would you have continued training with him? These are some questions to ponder over your next post-training rehydration session.

About the author: Dave Lowry is a free-lance writer who has trained extensively in the Japanese and Okinawan arts. He started writing Karate Way in 1986.



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HIGH RISK

by Jim Wagner

Perceptual Distortions During Conflict

危険

If you're in the martial arts to learn how to defend yourself, you should be under the tutelage of an instructor who has been in actual combat. One of the problems with studying under people who have never put their fighting skills to the ultimate test is that they teach only on a two-dimensional plane. Such instructors can mechanically prepare you for fighting, and some may even give you pep talks on what to expect during a conflict. But they fail to prepare you for the stress reactions you will experience when you try to use your techniques. Remember that fighting is 90-percent mental and 10-percent physical.

One glaring example of where such instructors fall short is in perceptual-distortions awareness training. If you're scratching your head right now, you're not alone because most civilian martial artists have not heard of it. But it has been taught for years in police and military circles.

Martial artists who have had to use their skills in a real fight know their perception of reality is not always accurate.



Photo by Sam Focant

Other than in real combat, the only way to experience perceptual distortions is through realistic scenarios that use a script, props and staging to simulate conflicts you are likely to encounter on the street. A student who is wearing a karate uniform wrapped with a colored belt does not mesh with the reality of combat as well as someone who is dressed as a gang member and swinging a plastic chain at your head behind the *dojo*.

The sensations you will experience in a real fight—and to a lesser degree in reality-based training—manifest themselves according to the situation and your experience and training. The following are the most prominent ones you will encounter:

- **Tunnel vision:** You will focus on the immediate threat—often to the point of not seeing other things around you. A fellow police officer once chased a suspect into a yard and shot him when he turned around with a gun. The next day, the investigators asked him how he avoided falling into the swimming pool that took up most of the yard. The cop had not even seen it because of tunnel vision.
- **Tunnel hearing:** Your hearing will also be greatly reduced during intense conflict. Sounds you would hear under normal circumstances may not be heard at all, or they may have a muffled quality. Soldiers and police officers who have been in firefights can easily recall that shots were fired, but often they cannot tell how many—even when they were the ones shooting.
- **Time distortion:** Some people experience events as though they were happening more quickly than normal, while others feel like everything is in slow motion. You may lean toward either extreme. We've all heard testimonies of people that have come close to death and said, "I saw my life pass before my eyes," or "I saw it coming, but I couldn't do anything about it." A threat to your life may not really distort time, but it can change how your mind interprets it.
- **Dissociation:** You may feel as if you're an observer and not a participant in the incident. This is also known as an out-of-body experience. One time my partner and I were moving in on a wounded suspect who was armed with a pistol. As we were leapfrogging from one room to another to get to the bedroom, I suddenly had a weird sensation that I

CONTINUED ON PAGE 106

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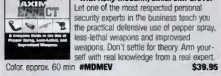
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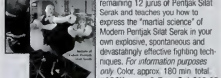
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FULL CONTACT

by Joe Lewis

Equipped to Succeed

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Most martial artists are all too familiar with the problems that plague contact gear. It doesn't feel comfortable. It doesn't last. Or it doesn't protect the specific body part for which it was designed.

Sometimes you find a company that sells good foam-injected foot gear, but if you use the shin pads from the same company, they don't protect your entire shin and you end up with repeated injuries. Or you find a company that sells decent boxing gloves, but it doesn't offer kicking pads. You end up with black headgear, red gloves and blue kicking gear—and each piece displays a different brand name.

Even worse is locating a great pair of gloves in your favorite color and finding out a month later that they are falling apart. Upon inspection, you see that the leather and stitching have disintegrated.

I chose to write about this problem because I know it well. I began using contact equipment in the early 1960s and I've never stopped. My father was a senior professor in textiles at North Carolina State College during the '50s, and I gained a wealth of information about design, fabrics, stitching and so forth from him and some of the world's best fighters—like my first coach, Sugar Ray Robinson. That knowledge has allowed me to see just what is wrong with martial arts gear. It has also allowed me to know when something is made right.

The best equipment is made of leather. Kangaroo leather is best, but unfortunately its use is restricted. Second in quality—especially for gloves—is goatskin. In particular, the leather that comes from the animal's neck is durable, flexible and soft, and it reduces cutting because it's not harsh and dry

"The best equipment is made of leather. Kangaroo leather is best, but unfortunately its use is restricted."

like cowhide.

For kicking pads, buffalo hide is best. It can last up to 20 years. Cowhide is a good second choice. Anything that is of a lower quality will not last as long. The problems will start with a

crack or a cut, and then it will fall apart.

Kickboxers need gloves that have a front covering over the knuckles with at least four layers of adequate professional padding. They also need to have a long sleeve that covers at least half of the forearm to protect the bone from the opponent's shins, and they should have padding on the inside of the wrist.

Unfortunately, most boxing gloves lack these features. If you're not convinced, you can perform a simple test by applying pressure on the outside of the glove and working toward the knuckles. Often you will be able to determine that the manufacturer has used either three layers of padding or a cheap grade of foam.

To remedy these shortcomings, I have spent the past few years working with a company called Ikon. Its people have instituted all the changes I requested without regard to production cost. To create the best products possible, I exchanged ideas with many world kickboxing champions and K-1 fighters, and I did not give up until we got it right. If you want to check out the fruits of our labor, get your hands on some gear from Ikon's new Joe Lewis Signature Line. You will see it's the best equipment you have ever used or your money will be refunded.

About the author: Joe Lewis is a Wilmington, North Carolina-based karate and kickboxing champion and Black Belt Hall of Fame member. To contact him, send e-mail to Joe@joelewis.karate.com. For more information about the Joe Lewis Signature Line, call (800) 298-8752 or send e-mail to ikon@napma.com.



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BEYOND TECHNIQUE

by Chris Thomas

A Parable for Martial Artists

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Once upon a time, several art enthusiasts asked a famous sculptor to become their teacher. During the first lesson, the teacher provided himself and the students with identical wire frames in the shape characteristic of his famous style. He explained that the frame determined the structure and parameters of the final sculpture. He also provided each student with a brick of clay and a set of sculpting tools. Over the succeeding classes, he demonstrated the process of sculpting: the manner of adding clay to the wire frame to create the outlines of the shape, the manner of removing clay with the tools to refine the shape, and the manner of molding and shaping the clay to achieve the final shape.

Each class began with the students gathered around the teacher as he worked on a portion of his sculpture, explaining and demonstrating as he

went. The students would then return to their places and work on the corresponding parts of their own sculptures, trying to apply what they had just seen. As they worked, the teacher would walk around, observing their effort, clucking in approval, offering suggestions and occasionally working a small portion of the student's sculpture himself by guiding the student's hand with his own. Often during this portion of the class, the students would walk up to the teacher's work-in-progress and carefully examine it, making notes and trying to memorize features to include in their own work.

After many years, and just as the students were completing work on their sculptures, the teacher died. They decided to choose a successor from among themselves so the school might continue. They agreed to place all their sculptures beside his work

to decide who should be the inheritor of the class. It was immediately evident how the teacher had influenced them all. Each sculpture, by virtue of its underlying wire frame, had a similar structure. Likewise, his sculpting technique and method were clearly evident in all their works. However, on closer examination, it became apparent that many of the students were not very talented. Some of their works were positively amateurish, while others, although competent, lacked the

Beginners often think that learning the martial arts means mimicking the instructor's every movement.

PHOTO BY ROBERT W. YOUNG



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subtlety of texture that made the teacher's work so cherished. Two sculptures, however, stood out from the rest: the work by student Lee and the work by student Han.

As the class gathered around and examined Lee's work, they were astounded to see that he had so perfectly mastered the teacher's style that it was virtually impossible to tell the teacher's sculpture from the student's. Han's work, however, was another matter. His sculpture was powerful, detailed and rich with the qualities characterizing the teacher's own sculpture, but it looked nothing like the teacher's work. Han had, in fact, produced a sculpture that was unique and personal in its execution.

There was no question that both students had mastered the teacher's methods. There was no question as to the beauty and power evident in each sculpture. But there was also no question as to who would succeed the teacher. Lee's sculpture was identical to their beloved teacher's own work, while Han had deviated from his example. The students decided to recognize Lee as the rightful successor to their teacher and chastise Han for his arrogant affront to their teacher's legacy.

Upon the announcement of this decision, Han shook his head and said: "You fools. The teacher was trying to teach you to be artists, but you only learned to be mimics."

And with that, he left.

About the author: Chris Thomas is a frequent contributor to Black Belt. He has studied the martial arts for more than 30 years and has co-authored several books with George Dillman.



Stephen Hayes:

"This is what I thought martial arts would be like when I started training 30 years ago..." (Black Belt Hall of Fame member)



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The Components of Martial Arts Fitness

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Whether your goal is to win point tournaments, amateur matches, self-defense encounters or professional bouts, you have much to gain and nothing to lose by following the principles of modern sports science. With the current crossover of fitness training and martial arts (promoted by no less a figure than Arnold Schwarzenegger), the demand for effective training is at an all-time high. The two types of training—fitness and martial arts—are inextricably linked: Your body executes your techniques, and its level of fitness is the main determinant of your ability. As you become more fit and capable of increased athletic performance, your total martial arts ability is enhanced. Therefore, if you are interested in shaping up and boosting your ability to protect yourself, you should integrate the following into your training program:

- **Cardiovascular conditioning:** This is the most important component of fitness training. Commonly known as endurance or stamina, it enables you to withstand long periods of strenuous activity without tiring. One of the most powerful ways to outclass an opponent is to wear him down. You are at a serious disadvantage if you ever face someone who trains properly *and* can match your level of skill. Since most commercialized martial arts training is not geared toward cardio conditioning,

you'll need to work on it in separate training sessions.

- **Muscular strength and endurance:** Traditional martial artists neglect this component even more than they do cardio training. There is an old wives' tale that says if you engage in strength training, you will become muscle-bound or lose your speed, quickness and agility. That needs to be put to rest. If trained correctly, a stronger athlete is always a faster athlete. Proper strength training also helps you maintain your body's optimum range of motion in all its joints. Increasing your explosive strength and muscular endurance will enable you to hit harder, faster and more often as a striker and overpower weaker opponents as a grappler. Strength training is indispensable for smaller martial artists—particularly females—who may have to fight a larger opponent.

- **Flexibility:** Flexibility training helps develop the range of motion you need to properly execute the movements in your style. It also gives you an advantage when you have to slightly exceed what you normally do. If you are a kickboxer, you should be able to throw all your kicks without being hindered by tightness in your muscles. If you're a wrestler, you should be able to perform all your movements without resistance. Regular flexibility training is also one of the best ways to prevent

Flexibility is an essential component of martial arts fitness, the author says. If you're a striker, you should be able to perform all your techniques without feeling tightness in your muscles. (For illustrative purposes, Jhoon Rhee is shown.)



PHOTO BY SARA FROST

Every fight is Bam-BAM and you're done!

"All Your Fancy Fighting Skills Won't Earn You An Extra Second Against This Devastating New Natural Streetfighting System!"

Why are black belts, boxers, Ju Jitsu wrestlers... and *especially* those silly macho "military" guys who *claim* to be so tough... scared to *death* when faced with this amazing *simple* new fighting secrets?

Dear Friend,

My name is Bob Pierce... and I have *serious* "inside" knowledge about every "new" fighting system that's ever been available to martial art and military circles. *Real* fighting... especially the vicious, **no-rules** attacks and fights you're every likely to see in the street... has **changed forever!** Almost *everything* you know is obsolete, and I don't care how long you've been training or who you've trained with.

Every fighting system I've seen is just too **darned complicated** to master in a reasonable time (and they're just lying to you if they say different!) I'd almost given up trying to find an *honestly* simple fighting system that was easy to **master** (not just "learn")... and that I could **count** on if I was forced to defend myself.

And then I stumbled on something...
Let me tell you a very short story that **may be the most important one you ever hear in your life:** Just outside of Tulsa, Oklahoma, there's a beat-up warehouse where certain "unusual" types of people like to gather. If you're a stranger out here, you're not just unwelcome...

You're Meat!

And it's very easy to tell if you're not one of the "in" group: These guys are **Skinhead Neo-Nazi's**... probably the most *vicious* and *dangerous* punks roaming America. Skinheads never need a *reason* for violence — just being alone and close enough to jump will make you an **instant victim**.

These Sick Racks Actually Enjoy Hurting And Humiliating People!

Anyway, on this particular night an ordinary-looking man named **Chris Clugston** made the mistake of driving out to this isolated warehouse. He thought he was going to have some simple fun on a hot summer night. He didn't have much money on him — maybe *one little nickel* in his pocket. Remember that — a single nickel. Not even enough to leave as a tip at the makeshift bar.

Entering the place, Chris didn't know what to make of all the skinheads giving him the "evil eye". He thought they just had really bad haircuts and silly taste in clothes. He felt no fear... in fact, as he passed a table of them, he reached out and good-naturedly rubbed one of them on the scalp. "Nice haircut, fella," he said.

Three skinheads stood up and quickly cornered him. The band played on.

Now, you have to get this scene right to understand the **importance** of what happened next: The *smallest* of the three Skinheads coming at Chris was his same size; the others were taller, more muscular, heavier.

They were reaching for objects in their pockets (it was too dark to see clearly) smiling with relish for the stomping they expected to hand out. No one in the warehouse had the slightest urge to help or stop the fight. There was nowhere for Chris to escape.

In less than a second, he suddenly realized he was about to be jumped by **three experienced streetfighters**... and if he didn't do something right *NOW*...

His Life Wasn't Worth Much More Than That Nickel In His Pocket!

Well, what would you have done? You know, in your heart, you run the risk every day of being in the same situation... cornered by punks who want to do you **serious harm!** They don't want your nickel, they want the thrill of stomping your face into hamburger.

It could be in a parking lot downtown, in a movie theatre, outside your local 7-11... or in the *cool darkness of your own bedroom, late at night!*

Have you seriously thought about what will happen to you during **real-life crunch time**... where your life (and that of your loved ones) aren't worth a plugged nickel?

Back in that lonely Tulsa warehouse, Chris didn't have time to think. He didn't need to... in a *blink*, he turned that nasty situation around **180 degrees**... and those three Skinheads, even though they were poised and ready to attack, found themselves suddenly thrust into a world of pain and confusion. But Chris didn't use anything that even remotely resembles karate, or Judo, or Tai Kwan Do, or even boxing or wrestling. No. Instead...

Chris Did Something These Experienced Fighters Had Never Seen Before... And Hope They Never See Again!

There were other Skinheads in that old warehouse that night... but they didn't bother Chris! Not after they saw what he did (with an absolutely **chilling** calm and sense of confidence) to those three streetfighters who cornered him! There was something in his eyes... something the *first* 3 punks missed in the dim light... that now warned the rest of them away.

The fight didn't take three seconds... because while two of the Skinheads went down hard *immediately*, the third broke and ran, and Chris couldn't catch him! These guys have been spotted around Tulsa occasionally since then, and they're still "jumpy". The people who saw what Chris Clugston did that night all report the same thing: It was like nothing



Chris Clugston (considered to be one of the most dangerous men on earth!) insists that he can teach *anyone* his simple (yet highly advanced) fighting secrets.

they'd seen before... the quick moves looked too easy and simple to have actually worked...

And Yet The Results Were Instant And Devastating Beyond Belief!

What Chris (the most normal-looking and likable guy you'll ever meet) uses is the **strangest fighting technique imaginable** — unlike anything you have ever seen before... and yet (for guys like you and me) it is absolutely the most **ruthless** and **effective** fighting style ever devised!

- Hard-core streetfighters end up being **bullied** by people half their size using this system!
- Trained boxers can't land a **punch!**
- Karate black-belts never get a chance to strike... and any defensive move they make only gets them hurt more seriously!
- Even the **highest-level "elite"** training in the U.S. military won't help a soldier last beyond a few seconds in hand-to-hand combat against this new, utterly-unique fighting system!

I never, never want to feel what it's like to be on the other end of this amazing stuff! Nevertheless, once you see how it's done, you'll see that this new fighting system is:

- **Incredibly easy to master in short time!** (People who have only been shown these moves — and never actually done them — have nevertheless had tremendous success in "crunch time"... with devastating results for their attackers!)
- So simple you can actually **"learn it and forget it"**... and yet it will be there for you whenever you need it! (There are only 6 components to the entire system... less to remember than most karate schools have for one fancy kick!) In fact, you can learn more intense fighting skills in one short hour than you'd learn in a month of "formal" martial arts!
- And yet these fighting secrets require

no special strength, speed or coordination to get started! (Everything you need, Chris can teach you in about the time it takes to eat a big meal!)

I knew this was something you'd want to know about right away. This new system — Chris calls it **"Combat JKD"** — is a completely different way of fighting *"in the street"*, where you'll likely be if you ever need help.

I think what Chris has is just perfect for guys like you and me. Perfect because you don't need to train much... you can use what you learn immediately... and (because it's so incredibly simple)...

You Will Face Any "Situation" With A Steel-Eyed Calm Confidence You've Never Experienced Before!

This new fighting system simply did not exist until a few short years ago! Chris Clugston — as far as I know — is the *ONLY* man in the world who is in a position to take modern fighting methods... and create new "twists" to them that are so innovative... so amazingly natural (you'll never feel awkward or have trouble learning any of it)... and so *instantly devastating*... that what he wound up with is an *entirely NEW way to fight*. None of his methods would be allowed in the boxing ring, or in a karate match, or in any kind of fight...

Where The "Rules" Say You Must At Least Give The Other Guy A Chance To Hit You Back!

This is the most honestly brutal, *BAM-BAM*-and-you're-done kind of fighting you could ever imagine... and the best part is, it's *especially* easy for "non-fighting" types of people to master quickly!

That's because Chris Clugston spent a *lifetime* searching where no one thought to look for the simplest fighting secrets of the world. Here's the story:

- Streetfighting has been his overriding passion since he was 12 years old. (He earned black belts in 5 different martial arts before he was 20!) He even learned 7 languages so he could travel the world and uncover new styles of fighting and techniques that *hadn't reached the U.S. yet!*
- Chris fought professionally for over 8 years (*twice* as long the average pro)... becoming one of the world's most *accomplished* fighters! (He was Number One World Rated in Shoot Boxing for 1991-1992... American Kickboxing Colorado Champ for 2 years... as well as Maximum Total Light Heavy Champ, *despite* fighting in a higher weight class!)

He also won over 50 vicious, no-rules streetfights during this time. This is how he realized how *stupid* it is to master any martial art style that has rules. The *real* world of streetfighting *has no rules!* Even the most brutal-looking "official" fighting systems can actually get you *killed* in the street... and the "confidence" you get from years of dedication to any formal training...

Is A Total Sham!

Then, about a decade ago, Chris was invited to "try out" with perhaps the most *secretive* group of people in the U.S. — a small, almost fanatical "fringe" bunch of fighters who had developed a combat-oriented system that emphasized simple moves... and *brutally* quick decisions to every fight.

This "over-the-top" fighting style was

what Chris had been searching for! But because of his travels... his Soviet training... and all his professional insights... plus all the "official" martial art know-how he had... Chris brought something *NEW* to the table that even these hyper-secret fighters didn't understand. Chris realized that even the most *cutting-edge* fighting styles were still shackled with moves based on centuries-old situations involving fencing, stick-fighting and ritualized combat!

Chris was *forced* to create an entirely *NEW* fighting system... one that took the simplest moves of the best styles... and "blended" them with the scientific insights of the last few years to make...

A Natural, Utterly-Simple Fighting System That Can Defeat Any Other Fighter Instantly!

This amazing new system will immediately "catapult" you in the *highest levels* of the fighting world, practically overnight!

Chris has instructed me to give you an opportunity to see his new "Combat JKD" system in action... in a complete, "uncensored" form that the rest of the world will never even hear about... learn the *basic (simple)* moves yourself... see how it "fits" on you, and if you like it... and do it *all without having to risk a nickel of your own money!*

He's doing this because, finally, he's fed up with all the "hype" and hysteria out there about the "rules-oriented" fighting systems now flooding the market. He knows his new stuff will make those systems look *stupid*... with less fuss, less learning time, and *more power* than anyone would believe. He wants to show you... so there will be *no doubt in your mind whatsoever*... that "Combat JKD" has changed fighting forever. And all the secrets of it can all be yours... *as soon as you want it!*

Here's how it works: A few weeks ago, Chris submitted himself to a grueling *week-long video session*, where he revealed — *on tape* — all the most closely-held secrets of his new fighting system. It's the best I've ever seen. Even if you only "scan" these videos once, you'll be changed forever! There are nearly 4 hours of tape here, on two power-packed video cassettes. It's information that was completely unavailable to anyone except the few "insiders" who knew Chris personally. Yet, with the advantages of slow-motion, rewinding and multiple camera angles (we used a state-of-the-art recording studio down in San Diego)... you actually get a *better and more complete education*, in a *shorter time*, than any of Chris's personal students!

You'll get it *cheaper*, too. Chris only takes a few students on every year, and they pay *outrageous fees* to get their personal education in "Combat JKD".

Look — here's just a "taste" of what you're about to learn:

- Why you should *never* use your fist in a real street fight! (Even trained fighters make this crucial mistake... and risk serious injury that's 100% avoidable! There's a *better* way to do more damage, *quicker*, with *no risk of hurting yourself at all!*)
- Secret "2-minute" training techniques (that's all it takes!) that are guaranteed to make you look ridiculous... but which will pump up your fighting ability (and confidence) 1,000% almost overnight!... New (and *simple*) exercises that actually *install* animal quickness and

viciousness *directly* into your muscles and nerves... leaving it *locked* there until you need to spring it loose! (Go from calm to *frightening* in a split second, whenever you choose... or whenever you're threatened!)

- How to use the *"two second" stalking test* to see how trained your opponent is... and what he's trained in! (Crucial information to end the fight when you choose!)
- The hyper-advanced *new fighting stance* that *negates all others*... putting you in a position to keep boxers, wrestlers, and even the *dirtiest* fighters on the planet off-balance until you decide to strike! (They'll *never* get "settled" enough to hit you!)
- How to *never again* feel uncontrollable emotion (or even sweaty palms) in a tight situation... and how to channel *all* your adrenaline into purposeful energy that will charge you up like a *bomb!*
- Why your *best fighting moves* will come completely *naturally*... forget all that martial art nonsense about needing to train for years to do complicated moves! (The best fighters in the world use only a few simple moves... and routinely knock around karate dudes like they were children!)
- What to watch when you're *eight feet apart* (it's NOT his eyes — a terrible mistake most fighters make that gets them hurt!)... and what to watch *inside the two feet "crunch time" zone*... to keep you a precious *step ahead* of even *superbly-trained fighters!*
- The number one "Dirty Trick" of fighters who want to *decisively* end a fight as soon as possible!
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XTREME FIGHTING

by Jake Rossen

Ultimate Fighting Takes England by Storm

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Mixed-martial arts crowds in America don't always cheer when an impressive takedown is executed, and they don't scream with delight when a textbook submission is pulled off. To many observers, it seems the only knowledgeable, appreciative crowds congregating at events are in Japan. Now you can add the United Kingdom to that list.

Thanks to a weekly "Best of" Ultimate Fighting Championship television series on Britain's Sky TV, the 4,000-plus Londoners who flocked to the city's famed Royal Albert Hall for the UFC 38 on July 13, 2002 were as informed and respectful as even the most wizened Japanese devotees. They cheered wildly with each throw, parry and takedown; and when ground techniques were the order of the day, they were patient during the lulls and vocal when things began to heat up. It certainly didn't hurt that two of their natives, Mark Weir and Ian Freeman, had showings that will go down in mixed-martial arts history.

To kick things off, light-heavyweights Elvis Sinosic and Renato "Babalu" Sobral squared off. Sinosic was attempting to recover from two tough losses in a row—to Tito Ortiz and Evan Tanner. Sobral is a RINGS vet who was recently bested by Kevin Randleman. For three five-minute rounds, Sinosic attempted submissions from the bottom

while Sobral relentlessly pounded away in his guard. The judges had no choice but to give the nod to the virtually unscathed Sobral.

In other preliminary action, the durable Tanner fought Chris Haseman, another RINGS fighter with a reputation for being difficult to finish. Tanner found that out the hard way: Although he pummeled Haseman for the three rounds, the Dutchman had no quit in him, and Tanner got the decision from the judges.

Introducing main-card action was James Zikic, the first U.K. fighter to enter the octagon that evening. His opponent was the undefeated Philip Miller, and both men appeared evenly matched. In the first round, Miller succeeded in getting the takedown, but the second and third rounds had Zikic making a strong comeback, defending the tackle with tenacity and even gaining the upper hand in the closing seconds. Still, Miller had apparently accomplished enough early on, and he won the decision.

The Brits continued to have a rough road when Leigh Remedios fought the unorthodox but immensely entertaining Genki Sudo in the lightweight division. Remedios appeared hesitant against the antics of the Japanese star, who utilized unconventional stances to disguise his strategy. In the second round, Sudo attempted a flying triangle choke and eventually settled for a conventional rear naked choke on the ground one minute 38 seconds into the bout.

The patient audience finally got its reward when Mark Weir, a virtual unknown in MMA, faced UFC veteran Eugene Jackson in a middleweight bout. Jackson is known for his punching power, but he was unable to show it off. Weir came out flying with a front kick that knocked Jackson off-balance and followed it up with a sharp jab-cross combo that rendered him unconscious a mere 10 seconds into the first round.

Although it was only the penultimate event of the evening, Freeman's heavyweight bout with Frank Mir was a showstopper. Freeman has had a career full of ups and downs, whereas the Las Vegas-based Mir was coming off wins against Pete Williams and Roberto Traven—both inside one minute.

Carlos Newton (right) and Matt Hughes met in the octagon once again to settle the score after their controversial November 2001 bout.



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Odds makers and fans pegged Mir to walk away with an easy win over the man from the U.K.'s mean streets, but Freeman apparently didn't listen to the critics. From the opening bell, he launched an attack of lefts and rights that had Mir wobbling and kept him from gaining any ground later on. Mir soon went for a leg lock, but he was met only with more punishment to his face. After the scuffle ended, Mir got up briefly—only to collapse from the beating. Freeman nabbed the victory, and the heart of his audience, four minutes 35 seconds into the first round. It was perhaps the greatest performance by a so-called underdog in UFC history.

High from Freeman's huge win, the audience settled in for the main event: Welterweight champion Matt Hughes was set to defend his title against Carlos Newton. Back in November 2001, those roles were reversed when Newton defended his belt against Hughes. It was a close battle, with Hughes slamming Newton to the mat just as he was succumbing to a choke. Hughes scored the belt, but he heard the criticism of a hollow victory.

There would be no close contest this time around, however. Hughes mercilessly battered Newton for four rounds, controlling him on the mat without fail. Three minutes 37 seconds into the fourth round, Newton's arms were pinned, and he was helpless to avoid strikes to the face. He verbally submitted to referee John McCarthy, and Hughes retained his now-untarnished title. ✕

About the author: Jake Rossen is a free-lance writer and mixed-martial arts pundit based in Binghamton, New York.

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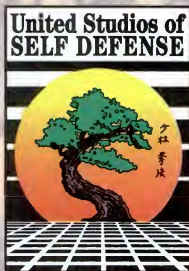
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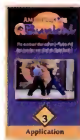
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TAO of Frank Shamrock



The Evolution of a
No-Holds-Barred Champion
Continues

Hy Josh Gross

ow many times have you stood on a street corner, unsure of what to do for those 30 seconds that pass before you get the green light to cross? If you've spent much time in the martial arts, you've probably felt compelled to throw a few jab-cross combinations, recall your latest session in the *dojo* or review the techniques you'll need to know for your next belt test. Imagine what that half-minute is like for a man who's devoted his life to the martial arts, for a man who views training as a way of life. For a man like Frank Shamrock.

Probably the most decorated athlete in the history of the Ultimate Fighting Championship, Shamrock is anything but a typical martial artist. His success in the ring is the result of his mastery of the techniques he's accumulated over the years. His life is like his study of the combat arts: a never-ending struggle to achieve perfection. And he devotes most every waking moment to that pursuit.



"I don't think there's anything that I've perfected, and if I were to say that, I would probably quit studying and begin sliding backward," says Shamrock, who was *Black Belt's* 1998 Full-Contact Fighter of the Year. "The goal—and it's the same in every martial art—is always to do it better, to do it quicker and to do more damage when you're doing it."

When he started out in mixed martial arts, he trained with big brother Ken Shamrock, but those days are long gone. Frank clawed his way to the top of the food chain. A mix of evolution and experimentation may have led him to where he is today, but the learning process is far from over.

Despite a three-year hiatus from the ring that saw him pursue a career in acting after falling out of love with the game that made him a world champion, he continued to study the martial arts. "I felt the urge every day, and I did have to fight it," admits Shamrock, who fought in a 2001 K-1 match during the layoff. "I continued to train and study, but for the most part I just tried to put it out of my mind because I was sure I was done with it."

Not quite. Whether he wanted to step away or not, Shamrock continued to work in an environment at San Jose, California's American Kickboxing Academy that made it virtually impossible to wipe his hands clean of the sport he once dominated. Always the student, he worked with trainer Javier Mendez to improve his stand-up striking game, which, he says, was his weakness for a long time.

"Javier has completely changed every-

Frank Shamrock (left) has used the past few years to hone his stand-up striking skills under the tutelage of coach Javier Mendez.





Frank Shamrock's K-1 fight in a nutshell: The 185-pound Shamrock mad-dogs the 176-pound Shannon Rich (1). Shamrock unleashes a few kicks (2), one of which breaks Rich's arm (3). Shamrock paces while the doctor examines him (4). Shamrock wins in 53 seconds (5).

thing about my striking," Shamrock says. "Maurice Smith was my original teacher, and he was fabulous. He gave me great techniques. But Javier was able to refine those techniques and make them more powerful, more efficient and, at the same time, allow me to take less damage. Javier is also really good at boxing and coaching boxing. He took my punching to a new level where I could easily stand up with Tito [Ortiz], threaten him there and control that game."

An Evolving Art

The landscape of mixed martial arts has changed dramatically from the days of Royce Gracie and Mark Coleman, Shamrock says. No single discipline rules the octagon anymore. It's the athletes who followed his lead in cross-training and cardiovascular

A Lesson in Submission

When pundits said Frank Shamrock had no chance of defeating wrestling champ and ground-and-pound dynamo Kevin Jackson in December 1997's Ultimate Japan, he simply said, "Wrestlers need a lesson in submission." Shamrock then defeated Jackson with an armbar. It took just 22 seconds for him to earn the UFC middleweight title.

—Stephen Quadros

conditioning that have excelled.

Fans of the sport complain about the dwindling number of submission finishes these days. Some speculate that it's because so many high-level competitors have familiarized themselves with grappling arts such as Brazilian jujitsu, judo and submission wrestling. The fact that more people know how to apply a submission also means that more people know how to defend against one.

Shamrock insists the techniques everyone uses aren't any less effective. However, they are governed by a simple philosophy: Everything works, but nothing works for long. "Everybody gets it, sees it and trains in it, and then you just don't get to use it as much. People are just taking that game and trying to make it more efficient, trying to do more damage, trying to get more set-ups into the same old thing."

Not one to rest on his laurels, Shamrock—along with Mendez, UFC veterans "Crazy" Bob Cook and Kelly Dullanty, and several other top-flight mixed martial artists—is attempting to stay on the cutting edge of an extremely dynamic and fast-changing sport. Because the pursuit of new techniques is primarily fruitless, he focuses his energy on the application and understanding of those skills.

"Everything has been done 10,000 times," he says. "It's just [about looking for a] new approach, a new angle where you try to speed it up or make it more efficient so you're using less energy and getting more results. We're doing the same old techniques over and over, but like science, we're trying to

Seeing Stars

In November 1999, Ultimate Fighting Championship middleweight titleholder Frank Shamrock fought—and was soundly defeated by—an unlikely opponent: former karate champ Chuck Norris.

Sound incredible? Well, it happened. Sort of. The fight actually was a scene in an episode of *Walker, Texas Ranger*, and Shamrock's turn at acting proved he's got as much talent in front of the camera as he has in the octagon.

"Everyone [on the set] was concerned that I wouldn't know how to stop or that I wouldn't know how to not be a fighter," he said.

Needless to say, his performance on the series impressed viewers as well as the cast and crew. He learned his lines and pulled his punches like an old pro, and no one ended up seeing stars.

—Ella Morse

perfect them and make them work in a faster, more efficient, more recognizable [manner]."

The way in which he builds his fighting amalgamation is truly interesting. When inspiration hits and a new idea jumps into his always-active brain, Shamrock confers with those close to him, hoping they can provide feedback or insight that may not have occurred to him.

"I get a theory: 'OK, maybe this task will work this way or maybe this setup [will work.]' And then I share it with

five or six people. We all study it, and then they all come back with their own variations. Usually one of us has the right idea or has a technique that is perfected or more efficient."

That open-ended way of thinking has allowed Shamrock and other AKA fighters to become some of the most exciting competitors in the sport today. The way in which he and his men train has created a gym that consistently produces athletes willing to compete on any level at any pace. Like anything else, however, a trial-and-error philosophy can produce its share of bumps, bruises and bloodied egos. But it's just part of the learning process, Shamrock says. "There have been hundreds of techniques where we thought, 'Hey, this is a great idea,' and it turned out not to be. It's just part of the game. You throw the ball, and sometimes the ball drops and you go 'hmm.' Then you pick it back up and do the next thing."

Teacher and Student

Acting was one of those things that made Shamrock go "hmm." That's why he decided to return to the sport that made him famous. The learning process continues: His time away from the spotlight afforded him the opportunity to obtain some new skills, primarily stand-up, as well as a chance to return to his roots and streamline older techniques that he may have taken for granted.

Being able to train up-and-coming fighters has also given him a chance to spread his knowledge to a younger, more athletic breed of fighter than the mixed martial arts have ever seen. Best of all for Shamrock fans, teaching has instilled an even greater understanding of the techniques he carries within himself. "I need to learn it and understand it before I teach it," he says. "But only when I begin teaching it do I really get it, do I really articulate and understand it. That little light goes on and my brain goes, 'Now you got it.'"

When the time comes for him to play

Secret of His Success

When it comes to winning in the ring, Frank Shamrock has always said, "Conditioning is the best submission hold." And when he is training for a bout, he certainly practices what he preaches. Among his many athletic endeavors are stair running, weightlifting, chimping (running across fallen tree limbs in a dry river bed), cliff diving, submission wrestling, boxing and kickboxing.

—Editors



The champ in action: Frank Shamrock restrains his opponent's left arm and head (1). The opponent tries to push Shamrock's head back so he can counterattack (2). Shamrock shifts his hips and swings his right leg over the opponent's head and around his neck (3), locking his foot behind his left knee (4). To increase the pressure, he pulls on his foot (5).

the student, Shamrock has, through thousands of hours on the mat and in the gym, refined the way in which he learns. "I have found that I have to separate myself from the technique and look at it from a third-person perspective to grasp what's going on," he says.

"I've trained in so many different areas and studied so many different things that the techniques themselves all seem to be the same; there's just better and more efficient ways to do them. So I have to break down what I already know, look at it objectively and simplify it—to make it quicker and more efficient."

There's no doubt that the martial arts, like life, pro-



back to the

U.S. Army's 2nd Infantry Division Adopts the Time-Tested Techniques of Taekwondo

by Col. William O. Odom

The Warrior Taekwondo program includes plenty of repetition of the basic moves for which the Korean art is famous. Soldiers train in their BDUs or PT uniforms.

Once a week, some 14,000 soldiers in the U.S. Army's renowned 2nd Infantry Division greet the sunrise in the Land of the Morning Calm with snap kicks and power punches reinforced by a chorus of *kihap* battle cries. They are part of a new training initiative designed to augment their combat readiness with traditional Korean martial arts skills. In honor of the division's nickname of Warrior Division, the program has been dubbed Warrior Taekwondo.

The Mission

Soon after he assumed command of the 2nd Infantry Division in 2000, Maj. Gen. Russel L. Honoré asked his unit commanders to draw up a list of pro-





battlefield

To encourage soldiers to pursue the martial arts outside of their once-a-week class, frequent competitions are held using standard taekwondo rules.



grams and activities they thought should be started, stopped and continued. I suggested creating a division *taekwondo* team, and he liked the idea. He then proposed reinstating a division-wide taekwondo program, which had been done away with some 25 years before.

Honoré immediately remembered all the benefits taekwondo training had bestowed upon him when he was a young lieutenant in the division during the early 1970s. He then charged me with the task of creating the program. As commander of the 2nd Brigade, I had already instituted a combatives program composed of taekwondo strikes and Gracie-*jujutsu* grappling. Honoré acknowledged that and explained that

he wanted an enlarged program that would:

- increase the soldiers' confidence by developing competence in basic self-defense techniques
- improve physical fitness
- develop discipline and teamwork through the memorization and practice of forms
- foster an appreciation for Korean culture and inspire soldiers to learn more about their host country
- provide a basic knowledge of taekwondo upon which soldiers can build their skill through off-duty training with local instructors and/or participation in unit taekwondo clubs
- establish a venue for competition between the 2nd Division and South Korean army units
- allow soldiers to progress as far as brown belt during their one-year tour of duty.

The Process

I enlisted Kim Mun-ok to help me develop the program. An eighth-degree master of taekwondo and *hapkido*, Kim had more than 20 years of experience teaching U.S. soldiers in Korea. He and I determined that proficiency in taekwondo requires at least two years of study with two to three classes a week. At the same time, we knew we would be limited to one relatively short session a week. We remained confident we could achieve all the division commander's objectives, but we admitted to ourselves that once-a-week workouts would not produce proficient taekwondo practitioners unless the soldiers sought additional instruction.

Kim and I then set about developing the Warrior Taekwondo program. It had to be composed of instruction



Horion Gracie (standing) teaches two soldiers how to use their forearm to escape from a head lock.



that was modified to fit the somewhat unique conditions under which the 2nd Infantry Division operates. They include:

- one weekly session of about 40 minutes

- soldiers with limited martial arts experience
- irregular schedules caused by military duties
- an outdoor training environment with a variety of surfaces
- soldiers who are wearing a physical-training (PT) uniform and running shoes or a battle-dress uniform (BDU) and combat boots.

The program we devised would be taught during each unit's morning PT period. It consisted of four progressive modules, each of which was based on 12 practice sessions per quarter. Each session would consist of no less than a 15-minute warm-up run prior to the martial arts instruction. The actual taekwondo training would stress the repetition of techniques to ensure that soldiers receive maximum cardiovascular benefit.

As the soldiers' proficiency increased, the program would allow for less time to be spent learning and more time to be spent practicing. Progression to a higher module would require the men and women to demonstrate proficiency in all the techniques included in their current module. Of course, advancement rates would vary according to each soldier's aptitude, previous experience and commitment to obtaining supplemental instruction.

The Launch

Warrior Taekwondo started in January 2001 with mandatory weekly training at the company level. By February 1, all units in the 2nd Division had come onboard. Kim was hired as chief instructor and charged with overseeing the execution of the program, ensuring uniform training and sustaining the continuity of the program despite the relatively high turnover of American



In the 2nd Division, sparring sessions begin once the instructor believes his soldiers are ready. Standouts often elect to compete in sporting events like the Warrior Olympics.



soldiers, who normally spend one year in country. Kim hired eight Korean instructors to assist him with morning visits to the 17 camps (military bases) at which the division's units are stationed.

Kim conducted Warrior Taekwondo's first Train-the-Trainer program in March 2001. It was an intensive five-day instructor-development course designed to hone the skills of soldiers with prior martial arts experience and teach them how to teach others. To ensure that each company-sized unit (about 100 soldiers) had at least one certified instructor, the division adopted a plan to run the course every three months.

The Curriculum

Warrior Taekwondo includes all the moves for which the Korean art is renowned: kicks, punches, open-hand strikes, sweeps, blocks, breakfalls, stances and so on. Soldiers also drill in the modernized *taegeuk* forms, which date from the early 1980s.

One specialized component of the program is called "warrior combat defenses." The fighting sequences are basically one-step sparring techniques. They are simple and direct—typically following a block-strike-takedown-finish progression. Since Kim attended the

Primarily because of the Gracie-jujutsu influence, Warrior Taekwondo has begun incorporating more ground fighting into its curriculum.



most recent brigade Gracie-jujutsu seminar, held in April 2002, he has expressed an interest in incorporating some ground techniques into additional warrior combat defenses.

All soldiers who participate in Warrior Taekwondo spar. It is considered an essential component of their reality-based martial arts preparation. The unit trainer determines when a student is ready to begin. Most start within the first three months. To date, sparring has been more sport-oriented than practical. The objective is to make a little contact, to experience hitting and getting hit, to get the heart pumping and to build confidence. It is not to batter one's fellow soldiers.

To get an idea of the type of training being conducted, consider the following outline, which is taken from the first lesson of the brown-belt module (taught after 24 weeks of training):

Teach:	hammerfist	
	<i>taegeuk o jang</i> (form No. 5), moves 1-8	
Practice:	straight punch	100 reps
	low forearm block	20 reps
	middle forearm block	20 reps
	middle knifehand block	20 reps
	high forearm block	20 reps
	high knifehand block	20 reps
	middle inward block	20 reps
	knifehand strike	20 reps
	hammerfist strike	20 reps
	front kick	20 reps
	round kick	20 reps
	side kick	20 reps
	front/round kick combination	5 reps
	front/side kick combination	5 reps
	<i>taegeuk il jang</i> (form No. 1)	1 rep
	<i>taegeuk sam jang</i> (form No. 3)	1 rep
	<i>taegeuk o jang</i> , moves 1-8	5 reps
	breakfalls (left, right, rear)	10 reps
	warrior combat defense No. 1	5 reps
	warrior combat defense No. 2	5 reps
	warrior combat defense No. 3	5 reps

The second week of brown-belt training adds instruction in the elbow strike and backfist, as well as in moves 9-20 of *taegeuk o jang*. After that comes rigorous practice of all the above-mentioned techniques and 20 repetitions of the elbow strike and backfist. The third week adds the back kick. The fourth week adds the round kick/back kick combination and warrior combat defense No. 4. The fifth week adds war-

rior combat defense No. 5 and No. 6. The sixth week through the 11th week teach no new techniques, but everything that has been learned is further ingrained into each soldier's psyche. The 12th week culminates in the brown-belt test.

The Future

In August 2001 the division formed a demonstration and competition team,

Not the First

The Warrior Taekwondo program's official launch in January 2001 did not mark the beginning of the U.S. military's martial arts training in Korea. Far from it. American servicemen have undergone *taekwondo*, *tang soo do*, *hapkido* and *kuk sool* training on military installations since the 1950s. In fact, the legendary Chuck Norris studied *tang soo do* at Osan Air Force Base during the early 1960s.

—WOO

Hail to the Chief

Kim Mun-ok is the chief taekwondo instructor for the U.S. Army's 2nd Infantry Division. In addition to leading morning training sessions with American and Korean soldiers, he manages and trains the division taekwondo team, choreographs and conducts demonstrations, organizes competitions and administers promotion tests.

Kim is well-qualified to lead the Warrior Taekwondo program. He is an eighth-degree black belt certified by the Korea Taekwondo Association and World Taekwondo Federation and an eighth-degree black belt in the Korea Hapkido Association. He began his martial arts training when he was 7 years old when Kim Ki-song, a former Korean army instructor in the Uijeongbu-Tongducheon area and a teacher of U.S. troops in the early 1970s, taught him the *odokwan* style of the art. His *hapkido* master was Kim Il-nam, current chairman of the Korea Hapkido Association.

Although classically trained, Kim remains open-minded about the martial arts and is always looking for better fighting and training methods. He holds a master's degree in physical fitness from Seoul Sports University and recently accepted a position as vice president of the Korea Professional Taekwondo Association to further expand his knowledge and experience.

He has trained U.S. soldiers and Korean police cadets since 1981. He currently operates seven schools in his native country. Four training halls in the United States—two in California and two in South Carolina—are run by his students. When time permits, Kim conducts seminars on self-defense and restraint techniques for the Los Angeles Police Department.

—WOO



Kim Mun-ok (left) and Col. William O. Odom (center) are the men responsible for the creation of the Warrior Taekwondo program.

which will maintain a membership of 16 to 20 soldiers. It has been tasked with promoting the practice of the art and serving as an ambassadorial force during visits to and competitions with Korean military units. Kim, his assistants and members of the All-Army Taekwondo Team are serving as coaches. In February 2002 the team won the Eighth Army Championship, and in March 2002 it placed four soldiers on the All-Army Taekwondo Team.

Kim Mun-ok will continue to provide opportunities for his students to engage in weekend competitions and participate in local qualifiers that lead up to the Division Taekwondo Championship, held every September, and the All-Army Championship, held in the spring.

He is also investigating ways to make the training a bit more hardcore. Although there is currently lots of contact in the division's competitions, which follow standard taekwondo rules, there is little contact in the



Col. William O. Odom practices his rear naked choke on Ralek Gracie during a recent brigade grappling seminar.

unit classes (except during the execution of the self-defense techniques). The trend is to gradually move away from forms practice and increase the emphasis on self-defense techniques. One option that has been discussed involves teaching only one form as a warm-up, cool-down and team-building drill, and then focusing the rest of the workout on fighting.

Before more contact can be made, units will have to procure

chest protectors, groin cups, headgear, and shin and forearm pads. As the program matures to the point where more soldiers have sufficient skill to warrant additional full-contact training, obtaining authorization for the purchase should be easier.

Under the supervision of Kim and his assistant instructors, Warrior Taekwondo is an unrivaled success. In addition to developing hand-to-hand combat skill, it boosts the confidence

Art for Art's Sake? No way!

"Producing highly proficient taekwondo practitioners is not an objective of the Warrior Taekwondo program," says Col. William O. Odom. Rather, it is to use the fighting methods of traditional taekwondo to forge better soldiers. Training an individual to the level of an Olympic competitor would most likely do nothing to enhance that person's combat readiness.

—Robert W. Young

and discipline of every soldier who serves in the 2nd Infantry Division. And with the projects that are planned—one of which involves expanding the program to all U.S. forces in Korea—things will only get better.

About the author: Before being reassigned to Norfolk, Virginia, Col. William O. Odom was the senior advisor for the 2nd Infantry Division's Warrior Taekwondo program. He started taekwondo training in Bangkok, Thailand, in 1968 under Kim Jin-sung. His principal instructor since 1970 has been James K. Roberts Sr. of Springfield, Virginia. Odom won a gold medal in forms and fighting in the senior black-belt division at the 1999 AAO National Taekwondo Championships. He has also studied tang soo do, jeet kune do, Japanese jujutsu and Gracie jujutsu.

The content of this article does not necessarily reflect the official views of the U.S. government, the Department of Defense or the U.S. Army.

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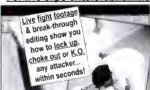
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For the past several months, the world has been exposed to an almost nightly barrage of disturbing images from the Middle East: Israeli forces battling it out with Palestinian gunmen, suicide bombers blowing themselves up in the middle of Jewish crowds, and a host of world leaders who are powerless to stop the carnage.

Jump on a jet and fly halfway around the world to the United States, and in between news reports you will still find that Israeli warriors are in the news. Thousands of Americans are enrolling in schools that teach the Israeli martial arts of *Krav Maga* and *hisardut*, and even pop diva Jennifer Lopez stepped into the *dojo* to learn Krav Maga for her feature film *Enough*.

Are the fighting arts of Israel just a passing fad, or will they revolutionize the way we train? This article will attempt to answer that question by examining the origins of the Israeli martial arts and taking an in-depth look at the systems now being taught there. Note: The techniques shown in the photos, which were taken

inside ISRAEL

when two Israeli Special Forces soldiers recently visited the *Black Belt* studio, have never been outside their nation's military training camps.

The History

Prior to 1948, the state of Israel did not exist. The last time the world heard anything about Israel was in A.D. 70 when Roman legions under Gen. Titus brutally squashed a Jewish revolt, dispersed the majority of the Jewish population throughout the Roman Empire and renamed the nation Palestina (the Latin word for Israel's ancient enemy, Philistine). Today, that land is the Gaza strip and Tel-Aviv area.

Although Jews have lived in the Holy Land for the past 1,932 years, they have been under constant subjugation by foreign powers: the Byzantines, the Arabs, the Crusaders, again the Arabs and the Ottomans (or Turks). The Ottoman Empire (1300-1918) ruled over both the indigenous Jews and the Arabs in the region until its defeat in World War I and the implementation of the British Mandate of 1919. The same year, the Jews formed an underground army known as the Haganah (Hebrew for "defense") to deal with the ongoing conflict with Arab gangs and in anticipation of the creation of a Jewish state promised to them by the British in the Balfour Declaration. Yet despite the popularity of the Zionist movement and increased Jewish immigration, statehood was slow in the making. Instead, the colonial powers allowed the local police to form an elite unit called the Notrim (guards) to defend isolated Jewish agricultural settlements

The
Martial Arts
of the
World's
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Trained
Fighters

by Jim Wagner and Maj. Avi Nardia



against marauding Arabs and to quell racial riots in the urban centers.

Although the Notrim was successful at protecting the small outposts, it was not as effective in handling the deadly riots or pursuing the enemy behind his own lines. A Haganah officer named

Yitzhak Sadeh, who is considered the father of the Israeli Special Forces, understood the police unit's shortcomings and formed a new army unit called the Nodedot (wanderers).

When World War II brought British forces once again into global con-

flict, the need for a reliable supply of oil was deemed paramount. However, the flow was threatened by German troops advancing eastward in North Africa and by many Arab tribes openly siding with the Nazis. Reluctant at first, the British turned once again to Jew-



Gun defense: As soon as he feels the weapon against his back, the defender looks over his shoulder to assess the threat (1). He pivots to his left and slaps the weapon hand with his left hand before locking the arm with his right hand (2). He finishes the lock and steps forward to break the attacker's balance (3). Next, the defender grabs the other man's face and forces his head backward (4). After slamming him into the ground, he strips the gun from his hand (5).



Knife

defense:

When the defender faces an armed attacker, he keeps his hands high and turns his body slightly sideways (1). He then uses his lead hand to grab the sleeve of the attacker's weapon hand (2). Next, the defender pulls the knife hand to his shoulder and locks it in place (3). He finishes with a strike to the face (4) and a knee to the ribs (5). Close-up of the knife-immobilizing lock (6).

ish fighters and formed the first official Israeli Special Forces unit on May 14, 1941. It was known as Pal'mach, a Hebrew acronym for Plugot Machatz, which means "strike platoon."

The original number of personnel sanctioned for Pal'mach training under British supervision was 1,000, but the Haganah overstepped its bounds and trained roughly 3,000 men in preparation for a future Jewish army to be used after the war.

The training that the Pal'mach commandos received was called *kapap*, an acronym for *krav panim l'panim*, or

and the Balkans. When the war ended, so did Jewish-British cooperation. The Jews expected the Brits to hold up their end of the bargain with respect to a Jewish homeland. When it was apparent that the deal would not go through, the Pal'mach used guerilla tactics against British military and police installations. There were also terrorist attacks carried out by the Jewish-run Stern Gang and Irgun, but they were strongly condemned by the Haganah.

The newly formed United Nations knew it was only a matter of time before an all-out war between the Jews

dence, the Israelis managed to not only survive, but also to form one of the most respected militaries in the world.

In 1949 the Pal'mach was disbanded because of political considerations, but in 1953 the IDF created an elite force

known as Unit 101.

Commanded by Maj. Ariel Sharon, the current prime minister of Israel, it was tasked with infiltrating enemy lines and launching raids. Since the unit was closely mod-

eled after Pal'mach, its hand-to-hand combat training continued to be referred to as *kapap*.

Having achieved great success in its six months of existence, the unit's role expanded and it was merged into the 890th Paratroopers and redesignated Unit 202.

In 1957 an ultra-secret unit named Sayeret Mat'kal (Unit 216) was formed by intelligence officer Avraham Aran, who closely modeled it after the British SAS. In the 1970s, the unit gained worldwide fame after a series of spectacular counter-terrorist operations, the most famous of which was Operation Thunderball on July 3-4, 1976 (known

"The original concept of Krav Maga was to absorb any martial art that was useful by taking its most effective techniques and teaching them quickly and efficiently."

"face-to-face combat." *Kapap* was not one system, but a mixture of rigorous physical conditioning, firearms and explosives training, radio communications, survival training, first aid and foreign-language courses. The empty-hand combat training was a combination of Western fighting systems such as boxing, Greco-Roman wrestling and standard British military knife and baton training. At the time, there was no single word or term used for the self-defense techniques in the program; *kapap* was an all-inclusive name.

The Pal'mach's three combat brigades assisted the British in a variety of missions in Lebanon, Syria, Jordan

and Arabs broke out when the British vacated, so it tried to intervene by partitioning the region: a Jewish state on the west side of the Jordan River and an Arab state on the east side (today's Jordan). When the British lowered the Union Jack and left the region, the Jews declared their independence on May 14, 1948. Hours later, the forces of Jordan, Lebanon, Iraq, Egypt, Syria and the Palestinians attacked the newborn nation of Israel. The unofficial-turned-legitimate Haganah faced its greatest challenge and was officially renamed the *Izava Haganah Le'Yisrael* (literally, "army defense to Israel" or Israeli Defense Forces). In their war of indepen-



in the United States as the Raid on Entebbe). In it, Israeli operators flew into the African nation of Uganda and rescued 103 hostages who had been hijacked by German and Palestinian terrorists.

Building upon the successes of Unit 101, Unit 202, Sayeret Mat'kal and other elite commando teams, the Israelis created many other specialized units to deal with the ongoing state of war:

basic no-nonsense system.

Birth of Krav Maga

To prepare soldiers for combat and to instill a warrior spirit, in the 1980s the IDF created a boot-camp-style hand-to-hand program called Krav Maga (krav means "combat" or "fight," and maga means "touch" or "contact"). The Israeli Special Forces continued to refer to their own brand of fighting

strikes, Thai-style knee strikes, low kicks, grappling, knife defense, gun and rifle takeaways, and lots of physical conditioning. The original concept of Krav Maga was to absorb any martial art that was useful by taking its most effective techniques and teaching them quickly and efficiently.

Krav Maga Offshoots

In the late 1980s, Krav Maga was also being taught to the Israeli public. Since almost everyone in that society serves in the military, most of the population had been exposed to it anyway. In fact, the name of the art became so common that it was used as loosely in Israel as the word "karate" is used in America. Variations sprang up everywhere. By the 1990s, everybody was claiming to be a Krav Maga master or a 10th degree black belt.

Some of the original instructors of Krav Maga—men like Dennis Hanover—got so fed up with people claiming that their Krav Maga was the "true version taught to elite units" that they dropped the term Krav Maga from their vocabulary altogether. Hanover ended up calling his art hisardut (meaning "survival") and taught Special Forces units under this new name.

Hanover, along with his sons Guy and Yaron, also instructed civilians under the same system name. One of their greatest claims to fame was having taught at the prestigious Israeli Military Counter-Terrorist School (Lochama Be'Terror).

Want to Learn More?

For more information about Krav Maga, visit <http://www.kravmaga.com>.

For more information about hisardut, visit <http://www.hisardut.com>.

For more information about kapap, visit <http://www.hssinternational.com> or <http://www.kapap.net>.

the Navy's Ha'Kommando Ha'Yami (SEALs), Mitsta'aravim (a unit disguised as Arabs), Sayeret Tzanhanim (Airborne), Sayeret Golani (Mountain Warfare Unit), Sayeret Egoz (Special Forces), YAMAM (a paramilitary-police counter-terrorist unit) and so on.

In the IDF, the Special Forces units had a monopoly on the martial arts training. Kapap became known as *lochama zehira* ("micro-fighting" or "micro-combat") in the 1970s. The system included a variety of military skills, as well as hand-to-hand combat. However, with Israel being under attack by one Arab neighbor after another, regular units also needed some sort of hand-to-hand training. What they got was a

techniques as kapap or lochama zehira to distinguish it from Krav Maga.

Jujutsu and judo were the first Asian martial arts introduced into the IDF by kapap instructors Moni Aizik and Imi Lichtenfeld. Then in the 1970s, the legendary Dennis Hanover, along with other Special Forces instructors such as Lt. Col. Chaim Pe'er, helped lay the foundation for today's Krav Maga. In the 1980s, a Jewish-Frenchman named André Zeitun introduced *muay Thai* to the military, and that influenced many of the kicks used in the system today.

Krav Maga is a well-rounded hybrid system which encourages students to be aggressive and decisive in conflict. It includes hard-hitting hand and elbow



With so many people laying claim to the Krav Maga system, many veteran instructors felt a need to regulate what was, and was not, pure Krav Maga. Several organizations stepped up to the plate: the Krav Maga Association, Krav Maga Federation, Krav Maga Union, Israeli Krav Maga, International Krav Maga Federation, Krav Magen (run by the famous instructor Eli Avikzar) and so on. A few years ago, the Wingate Institute, a respected Israeli sports organization, claimed to have the exclusive rights to Krav Maga for licensing and curriculum purposes. Although it was recently defeated in court, the organization is appealing to the Israeli Supreme Court. Many in the military community are outraged at the Institute's attempt to gain control of the name.

Since the commercialization of Krav Maga and hisardut in Israel, there has been a movement away from using these terms altogether. Many elite military units still refer to their hand-to-hand combat as *kapap*, but a new acronym has also made its way to the counter-terrorism community: *lotar* (derived from the counter-terrorism school *Lochama Be'Terror*). All *kapap*/*lotar* instructors are Krav Maga instructors in the military, but not all Krav Maga instructors are *kapap*/*lotar* instructors. Many teachers now call themselves *madrich le'chima* (meaning "combat instructor"). Even the Israeli police are switching; they now call their defensive tactics *haganah atmit*.

In addition to the fighting skills of



Terrorist defense: The defender approaches the terrorist from the rear (1). He makes contact at an angle and pins both elbows against his body to prevent him from accessing a concealed weapon (2). Next, the defender pulls with his arms and pushes with his chest (3) to set up a takedown (4). Once the terrorist falls, the defender rolls him onto his stomach (5) and restrains him until he can be handcuffed (6).

Krav Maga, *kapap*/*lotar* includes terrorist-takedown techniques, assassination techniques, pressure-point methods and a new component called "boil-pressure training," which refers to physical and psychological pressure training designed to help students deal with combat stress. One of its exercises has a student being circled by 10 to 20

fellow students who slowly close in on him. The center student must overcome any claustrophobic feelings and keep fighting until he can no longer move.

Israeli Arts in the USA

So are the martial arts that are taught in the United States genuine Israeli military-based systems or not? It depends on who is teaching.

The organizations that we can vouch for are Krav Maga, headed by Darren Levine, and Dennis Hisardut, run by Alon Stivi. Both are based in Southern California.

Levine is credited with having raised Krav Maga to the level of popularity it now enjoys in America. He is an outstanding instructor. If you ever have the chance to train with him, you will be motivated by his energy and straightforward approach to street survival. The techniques he teaches are practical, hard-hitting and reality-based.

Dennis Hisardut's Alon Stivi is a man who teaches his craft based on hard-earned experience. A former Israeli paratrooper and master sergeant, he fought in the Israel-Lebanon War (1982) and has had some hair-raising missions. He is also an expert on corporate security and terrorism awareness, and is often featured in magazines and on TV. Stivi is a superb athlete, and anyone who trains under him cannot help but get in shape because he always adds a healthy dose of Israeli military calisthenics and drills to his fighting techniques.

Dennis Hisardut of America, sanctioned by Dennis Hanover himself, is much smaller in scope than Krav Maga is, but the quality of instruction is just as good.

The only organization authorized by the Israeli government to teach *kapap* in the United States is HSS International. To enroll in a course, you must be in law enforcement, corrections, probation or the military.

About the authors: Jim Wagner is a law-enforcement officer and defensive-tactics expert who has served as a guest instructor of the Israeli government. He has trained in Krav Maga, hisardut and kapap. Avi Nardia is a major in the IDF Reserves. He is a defensive-tactics instructor for kapap, lotar and Krav Maga.

Forged at the Crucible

Elite Training Organization Creates the World's Best Warriors

by E. Lawrence

It doesn't advertise. It doesn't allow civilians under age 28 to attend its courses. It rarely even offers classes to the public. And it requires that students undergo a background check, supply details on every place they've lived for the past 10 years and provide a letter from an M.D. attesting to their mental health. But it offers perhaps the best integrated armed and unarmed defensive program in the world.

Located in Falmouth, Virginia, Crucible Security Specialists is not well-known in the martial arts community because it is not composed of martial artists. In fact, what it teaches is not martial arts; it is combatives. The clientele is made up of primarily military special-operations and law-enforcement units, along with government entities both domestic and foreign. The organization also provides training to people who guard high-risk individuals and corporate execs in hotspots like Bosnia, Columbia and Israel. Its security assessments and



At Crucible Security Specialists, the ax hand, or downward chop, is a self-defense staple.

personal-safety seminars are highly sought after by Fortune 100 corporations and government agencies, especially those engaged in travel to less-developed countries.

Crucible delivers instruction in the use of firearms, impact weapons, edged weapons, less-than-lethal weapons and unarmed combat, as well as in executive protection, high-performance driving and explosives detection. The instructors hail from the ranks of the U.S. Marine Corps and various spec-ops units. To maintain their operational currency, Crucible requires all of them to periodically deploy overseas to provide training to various military, police and protective-services units, or to actually participate in an operational

capacity. That experience distinguishes them from their peers and keeps their instructional material on the cutting edge.

Man in Charge

Crucible's head instructor and CEO, J. Kelly McCann, got an early start in unarmed combat from his father, a former hand-to-hand instructor. McCann later joined the Marines, where he advanced to the rank of major. He served in various anti-terrorism, counter-terrorism and counter-narcotics capacities. He was assigned as the special-missions officer at the III Marine Expeditionary Force Special Operations Training Group and later to the Special Operations/Low Intensity Conflict Branch of the Marine Warfighting Center in Quantico, Virginia.

After leaving the service, he penned a personal-security column and book under the pseudonym of Jim Grover and produced a number of best-selling videos about armed and unarmed combat. McCann is currently CNN's security analyst and a subject-matter expert for the U.S. Marine Corps close-combat program.

McCann and his crew occasionally make courses available to the public. The most comprehensive of those is Individual Protective Measures, a five-day program that covers the use of the handgun, pepper spray, folding knife, collapsible metal baton, empty-hand strikes, ground fighting, unarmed responses to armed attacks and what McCann calls "situational self-offense." The training takes place at Crucible's 88-acre facility, which includes several

PHOTO COURTESY OF BLADDER PRESS



outdoor shooting ranges and a large training hall that houses classrooms and 2,400 square feet of mats.

The Training

For maximum realism, most of the firearms training is conducted on clothed mannequins that are posed in aggressive postures and armed with mock weapons. The shooting distances range from two feet to 25 yards, and the instruction emphasizes the difficulties of deploying a weapon in a high-stress situation.

The course also includes transitioning from unarmed striking to shooting. McCann has found that most people experience difficulty when they attempt to merge fully committed strikes with the use of a firearm. Therefore, he spends a fair amount of time having his students practice that skill.

Even though Crucible teaches armed and unarmed responses to violent attacks, the overwhelming theme of the course is awareness, early detection and avoidance. That enables you to sense the potential danger of a situation and get away from it before it turns deadly. If you can't get away, you should use your skills to mitigate the effectiveness of the attack by taking the element of surprise away from your assailant. Violence should always be your last resort, McCann says. "Your first and primary weapon will be your brain and mouth."

Merely appearing alert is enough to deter most criminals, McCann teaches, because it's easier for them to find someone else who isn't paying attention. "You will always be attacked when conditions are most advantageous to your attacker and least advantageous to you," he says.

Resorting to Violence

If you cannot use guile and wit to avoid the confrontation and violence appears imminent, McCann advises striking pre-emptively and following through until the aggressor is sufficiently disabled to allow you to safely escape. As he says in *Jim Grover's Situational Self-Offense* video (Paladin Press), "If you wait for final confirmation of an attack, it will often come in the form of injury to yourself."

Once you decide to pre-emptively attack the assailant, you must overwhelm him and render him unable to



When J. Kelly McCann (right) confronts the assailant, he immediately raises his hands into a calming posture that also allows them to be put into action quickly (1). The assailant balls up his fist and prepares to strike, forcing McCann to act: He drives a spike kick into the other man's groin (2).



hurt you. It's unrealistic to think you can reliably defeat a stronger, more skilled opponent any other way. The fact that you tried your utmost to avoid the situation makes it appropriate to use force to prevent it from being used on you.

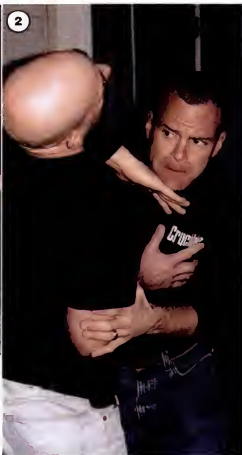
Waiting for an attack to be launched and then attempting to defend against

it might work in *dojo* drills when you know which attack will be used, but on the street you never know what's coming your way, McCann says. It is more effective to concentrate on your own attack than it is to wait for your opponent to make the first move.

When facing a potential assailant, McCann teaches, you must remain



J. Kelly McCann (right) assumes a nonthreatening defensive posture in front of the aggressor (1). The aggressor does not back down, so McCann traps an arm and executes a slashing elbow to the chin (2).



aware of your body language and facial expression. Neither should manifest aggression, even when you are about to launch a pre-emptive strike. Your eyes should be fixed on the other person's hands, not his eyes, because it is the hands that draw the weapon or execute the punch. Furthermore, if you avoid staring into the eyes of a suspicious person, you will appear less aggressive, and that can work to your advantage. If his hands are in plain view, you should focus on his center of mass because seeing his elbows move can be an early warning of his intentions. He has to lift his arms before he can grab, hit, cut or draw a weapon.

Into the SWAMP

In Crucible-speak, SWAMP is an acronym composed of the first letters of five principles that will help you generate maximum power in your strikes. Followers of J. Kelly McCann and the organization known as Gung Ho Chuan also use the principles as a checklist when they want to train the right way.

- Stay relaxed—even if you have to move your hands a little to keep from tensing up. The more relaxed you are, the more quickly your limbs will move and the more powerful your strikes will be.
- Weapon moves first. Be careful not to cock your fist, telegraph your intentions or change your facial expression because it will alert your adversary.
- Accelerate the weapon toward the target. The faster the strike, the more powerful it is—and the harder it is to see and block.
- Move your body in the direction of the target to get your weight behind your strike.
- Plunge the strike *through* the target. Don't retract your weapon immediately after it makes contact.

—E.L.

If a confrontation is imminent, McCann advises you to discretely put a weapon in your hand—be it lethal or less-than-lethal—to avoid having to take it out while you're under attack. The fastest draw is no draw at all, he says. Furthermore, the mere act of holding a weapon—a can of pepper



spray, for example—can be enough to make a mugger seek a victim who is less prepared.

Correcting Misconceptions

When McCann interacts with his Crucible students and clients, he encounters a number of misconceptions that also permeate the martial arts world. One of the most common is that people tend to think they can always resolve conflict by peaceful means. Wrong. A peaceful resolution requires two willing participants. If you are facing someone who is unwilling, he takes

Crucible CEO J. Kelly McCann (left) tries to defuse the situation (1). When he fails, he launches an elbow strike into the front of the opponent's neck (2) and an ax hand into the side of it (3). He then pulls the other man's head downward into a knee thrust (4), slams his elbow into the back of his head (5) and stomps on his leg (6).

that option away from you. Knowing beyond all doubt that you did everything possible to avoid a confrontation gives you the moral authority to act pre-emptively if an attack is im-

minent and there is no avenue of escape.

Another misconception involves weapons defense. Despite what many martial arts instructors teach, you should not always try to take away an assailant's

weapon, McCann says. Often the best course of action is to inflict enough damage to make it impossible for him to employ the weapon or to make him physically and mentally unwilling to use it. To ingrain this skill in a dynamic situation, McCann has his students suit up in protective gear before practicing knife-defense drills. It soon becomes apparent that a knife in the hands of a moving attacker is extremely difficult to defend against at close range. It also becomes apparent that a defender who has the appropriate attitude and employs the right strikes can make the knifer unwilling to get close enough to use his weapon.

Based in Reality

Realism is an integral part of Crucible's program. For example, when McCann teaches choking techniques, he has students kneel on the mat, then he moves behind each one and slaps on a quick choke until the student taps out. That drives home just how fast and deadly such an attack can be. It also ensures that those who have never experienced the feeling get their first taste in a safe environment rather than on the street.

Such hands-on training plays a big role in Crucible's classes. Students practice deploying inert pepper-spray simulators against each other in mock attacks. Having to draw and deploy the defensive weapon under direct physical attack leaves everyone with a more realistic perspective on how to carry it, how to practice with it and what can go wrong when you use it.

McCann devotes a significant amount of time to the physiological and psychological aspects of fighting, including human nature, the startle response, and the effects of denial and panic. He explains that for the most part apprehension comes from mistaking the effects of an adrenaline rush for fear and from not knowing what will happen when the attacker makes his move. Therefore, it is essential to decide beforehand that you will fight back—or strike first if necessary.

He emphasizes that you must visualize yourself performing the actions successfully. If you enter a fray mentally unprepared for violence, your chances of surviving are minimal, he says. You must act with complete resolve and in-

Roots in War

J. Kelly McCann serves on the Board of Examiners of and is a master instructor for Gung Ho Chuan, an organization of close-combat instructors whose curriculum is primarily based on the techniques, tactics and principles used during World War II. The group places a special emphasis on the work of Col. Rex Applegate and Col. William E. Fairbairn, two of the most influential close-quarters-combat instructors of the era, along with the fighting methods employed by the Marines' elite raider units of the same period. While Crucible's unarmed program draws heavily from that of Gung Ho Chuan, it also includes other validated methods of combat.

—E.L.



A basic Crucible gun defense involves controlling the arm and keeping the gun pointed in a safe direction, then striking with a chin jab.

tent. Proceeding with anything less than total commitment can get you killed. Mental preparedness is more important than physical preparedness, he says, because regardless of what you know, your skills will be useless if you lack the will to use them.

If you find yourself under attack,

Stick use and stick defense are part of Crucible's impact-weapons curriculum.



McCann says, you should think only about the fight. Occupying yourself with anything else—such as the legal ramifications of using a certain technique—will slow your reactions.

While Crucible training covers specific responses to common attacks and holds, its main emphasis is on attacking your attacker. The goal is to make him feel immediate pain and fear and thereby derail his plans. You should start with the highest level of force and then de-escalate once the threat has been eliminated. To that end, you must be able to make your techniques work regardless of what your attacker does. If you are too rigid, McCann says, you will fail.

Empty Hands

Crucible's empty-hand techniques focus on powerful, easy-to-execute strikes that can end a confrontation quickly or set the stage for a follow-up blow that will. Students learn how to put their weight into each technique and how to use proper body mechanics to maximize efficiency and develop as much power as they can in a short distance. It is crucial to maintain forward momentum against the assailant, McCann says. To keep him off-balance and make it difficult for him to attack, you should try to occupy the space he occupies.

McCann teaches only strikes that can be learned quickly. His curriculum includes the following:

- **Hammerfist:** It involves smashing the meaty edge of your fist down onto the target. It is thrown with full arm movement—as though you were swinging a sledgehammer while surging forward to put your body weight behind the blow. It is especially effective once you have stunned your attacker.

CONTINUED ON PAGE 102

Paladin Press. Kelly McCann. The Real Deal.



J. Kelly McCann is the real deal. A former U.S. Marine Corps S.O.T.G. special missions officer with extensive experience, he has trained with elite counterterrorist units all over the world. McCann, also known as "Jim Grover," is a recognized expert in all aspects of close combat, executive protection, and personal and corporate security. He is also one of the country's most sought-after security experts and can be seen frequently on major networks providing commentary. As the CEO of Crucible Security Specialists, he has provided high-level training and operational services in more than 40 countries, serving an elite client base ranging from government agencies to Fortune 500 companies. Paladin Press is proud to be the exclusive source for Mr. McCann's instructional books and videos.



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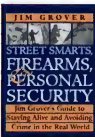


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ADVANCED BREAKING



Jim Lacy Reveals the Secrets of Iron Palm, Springy Palm, Burning Palm and Shattering Palm

Interview by S.D. Seong

In the August 2001 issue of Black Belt, kung fu authority Jim Lacy fed his fans a short course on the history and development of iron palm and coconut breaking. In this interview, he delves deeper into the intricacies of the esoteric Chinese art.

—Editor



Black Belt: When did you start training in iron palm?

Jim Lacy: I originally trained in breaking under Frank Clay. Frank was from shotokan karate roots and a world-class breaker of what I refer to as conventional materials. That was around 1979. Frank introduced me to Sam Kuoha, who is a well-known breaker in his own right, and to Victor A. Hughes, another world-class breaker. Victor introduced me to one of Mas Oyama's black belts, John Olivier. They were my influences

during my formative years. I started the coconut-break training around 1983.

BB: It seems as though the practitioners of many different arts learn breaking. Are their methods similar?

Lacy: Mainstream breaking usually involves boards or bricks used with end supports. We have things like this because the hidden art of kung fu was not openly publicized, let alone taught. Predictability was needed in breaking events so practitioners of all levels

could participate. This is good because it reduced the danger in traditional breaking. Most modern breakers specialize. Very few of us have delusions that we could duplicate everyone else's break on any given day. An honest breaker respects all types of breaking.

BB: Why all the emphasis on using iron-palm skills to break things?

Lacy: In kung fu, we say root with the feet and fight with the hands. If a kung fu practitioner cannot defeat his opponent in one to four moves, he should run because he doesn't know what he is doing. When I grew up in the 1950s,

Jim Lacy slams his hand against the shell of a coconut. Holding it during the break mimics a self-defense situation in which the martial artist holds an attacker's head in one hand while he strikes with the other.





Jim Lacy palm-strikes a hanging coconut. Once it stops swinging, the crack becomes clearly visible. Historically, this break was used to prepare warriors to hit the unsupported head of a standing enemy.

it was considered "girl fighting" to kick, scratch, grab or pull hair. Girls fought like that and went to the ground. The main thug, bully or good guy could always win with a flurry of punches. Iron palm is the culmination of using your hands to defend yourself.

BB: When it comes to learning how to break, how important are lini-



ments and tonics designed to develop the iron palm?

Lacy: Herbal liniments like *dit da jow* have caught on and improved all areas of training. Unfortunately, the pre-made over-the-counter types are rarely dependable and often do not list the names and weight proportions of the ingredients or how long they were aged. You need to ask about the best breaks of the person selling you the liniment. Or learn to make your own.

BB: Were liniments ever used in the West?

Lacy: Yes. In the old days, bare-knuckle fighters would use them. For example, there are records of fighters using a mixture of a half-ounce of cayenne pepper powder, an ounce of myrrh and an ounce of golden seal. They would soak [the ingredients] in rubbing alcohol or another cheap medium for a month or two. Salt, brine and ash were also used. Fighters would hit bare-knuckle on cattle carcasses to simulate hitting a real body. But by Jack Dempsey's time, they were wearing thin gloves—it was a wimp-out.

BB: Besides the coconut break, what types of breaking are taught in your "18 Daoist palms" system?

Lacy: We have many types of iron palm passed down to us. A partial list would include the Tibetan lama burning palm, Mew Hing's eight levels of *some tan* burning palm, the shattering palm, the fire palm, the springy palm, the shaky/vibrating palm, the Shil Lum mountain one-finger burning palm—as well as ways to destroy the shattering and Tibetan lama burning palms. But

all these types don't mean a heap of beans if they cannot enhance the coconut break on the string, which is the ultimate litmus test of the effectiveness of your iron palm.

BB: Are you saying that everything revolves around the hidden art of coconut breaking?

Lacy: Exactly. Now, there are those who want to learn all types of iron palm without engaging in breaking. Their main focus is to balance the risk of injury with the benefits of knowing the skill. To go through the various types of iron-palm training without getting injured—even if you do not break—is still a worthy goal as bruises, sprains and strains can happen whenever you get too exuberant.

BB: Please elaborate on the Tibetan lama burning palm.

Lacy: To prove proficiency, up to nine people could be lined up belly-to-back. The master could leave a complete hand print on any one of them without harming the others. In modern times, this is considered too dangerous to demonstrate. The way I have done it involved lightly slapping two thick phone books. The lighter the slap, the clearer the hand print was.

BB: What was the shattering palm used for?

Lacy: It was originally a rock-breaking technique. Now we use it to more perfectly shatter coconuts.

BB: Have you ever felt the effects of the shaky/vibrating palm?

Lacy: I have. I have a video of myself



Jim Lacy trained for 18 years to be able to accomplish the inner-forearm coconut break. To condition and desensitize his arm, he rolled a steel pipe filled with lead shot along his limb every day.

attempting to move a hanging lamp on a chain from a foot away. Believe it or not, we did this type of training and documented it. Way before I learned it, I felt my former teacher move liquid in my stomach from a half-foot away. There is no question that energy can vibrate through a human body.

BB: The fire palm is supposed to enable a practitioner to ignite things. Does anyone still practice it?

Lacy: I have seen footage of my former teacher supposedly igniting a small piece of paper. A student of mine who is licensed in acupuncture saw his teacher in China show him this technique, too. If you're lucky and diligent enough to spend at least a few hours every day training at the same time, you might learn how to do it in 10 years. However, being able to do it is said to require some sexual abstinence—not much. It also requires a strict diet and certain herbal liniment preparations like mountain yam to be rubbed all over your body to keep you from overheating.

BB: How much of iron palm training is based on Taoist alchemy?

Lacy: More than we care to admit. On the other hand, until those with the skills

are willing to perform under the scrutiny of science, we won't know for sure.

BB: According to legend, the springy palm can cause cancer. How can that be explained scientifically?

Lacy: In the context of the coconut break, the springy palm damages the meat inside the coconut without damaging the outside shell. I have cut coconuts open after my strikes to verify this. I even documented breaking the shell while leaving the coconut intact. Sandor Szabados, a fellow Urantia book reader with a couple of master's degrees in science, has said the following: "As to why the monks believed that such a blow would cause cancer, I can only speculate, more so because the cause(s) of cancer is not really known at present. Here is my guess, for what it is worth: Cancer is defined as an uncontrolled growth of cells that disrupt body tissue. The blow(s) could produce high-energy waves that could conceivably disrupt the harmony of the waves generated by the electrons in the atoms of healthy

cells, just as x-rays and ultraviolet rays do. It is known that exposure to these high-energy waves causes cancer because they are very short and thus able to penetrate soft tissue. Blows of this type used in your martial arts *may* do the same."

BB: What makes the sone tan burning palm of Mew Hing's 18 Daoist palms style different from the Tibetan lama burning palm or the Shil Lum mountain one-finger burning palm?

Lacy: The sone tan is much more advanced. It takes years and years to get through the different levels, each of which has its own striking procedures and "moving meditations." The sone tan was traditionally demonstrated in a similar manner as the Tibetan lama burning palm, even though it left blistering burn scars.

BB: Will breaking ever become more widely accepted in the martial arts community?

Lacy: Yes. Kyokushin karate founder

Mas Oyama required his black-belt sparring competitors to prove their worthiness to step into the ring by breaking—to prove they had a conditioned fist. Perhaps once kung fu or karate makes it into the Olympics, we can be the first to highlight breaking. But unfortunately we live in such a litigious society that it scares teachers. And while every generation is healthier than the previous, most young people now have wimpy hands. Witness how many athletes tape their hands or wear gloves before competing. Once people discover the benefits of iron-palm training—how they can develop an unstoppable punch and build strong forearms—it will be taught in every school. ✕

About the interviewer: S.D. Seong is a free-lance writer based in Los Angeles. For more information about Jim Lacy's teachings, write to Mew Hing Productions, P.O. Box 427, Jacumba, California 91934-0427. Or visit <http://www.ironpalm.com>.

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In order to protect and defend themselves, various student organizations formed the so-called "security guards" whose members consisted of students skilled in martial arts. These "security guards" would be in the forefront and their duty was to defend their groups during the melee. As a black belt in Shotokan karate, I was "drafted" to join the security guards for our Christian student organization. The members of our "security guards" came from a very diverse martial arts backgrounds. We had members with training in Judo, Jujitsu, Shorinji Kempo, Taekwondo, Kunthauw, and Pencak-Silat.

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soap star rising

When Victor Webster landed a role as one of the leads on the syndicated series *Mutant X*, he probably didn't realize it but he had just begun living out a fantasy shared by millions of kids across America. As the electricity-throwing Brennan Mulwray, Webster had just become a superhero.

In real life, he is not so different from the *Mutant X* crime fighter he plays. Of course he can't shoot lightning bolts out of his palms, but he does commit himself 100 percent to every project he undertakes. He is active in charity work for children, animals and battered women. He is charming, polite and friendly. When he portrayed the conniving Nicholas Alamain in NBC's long-running soap opera *Days of Our Lives*, he made women swoon. And like all heroes, he can kick some serious butt if he has to.

Rough Beginnings

Movie heroes have to work

Taekwondo Stylist

Victor Webster Says the Martial Arts Saved Him from Trouble with the Law and Put Him on the Path to Stardom

by Sara Fogan

through personal demons before they find their true path in life, and Webster is no different. Despite the fact that he had a police officer as a father, he was not a model-citizen youngster. A fan of Bruce Lee and Chuck Norris, he diligently practiced the martial arts techniques used by his TV idols—on other kids at school. "I got kicked out of three schools when I was young," he says.

Eventually, his father enrolled him

in a judo class at a local community center to instill some discipline. "My father thought I lacked self-esteem, and that's why I kept getting into fights," he says. "When people would say something to me that I didn't like, I would respond with physical force. So initially the judo classes were to keep me out of trouble."

Webster trained in the grappling art for a year before switching to *shotokan* karate. He also did some

Filmography

<i>Bringing Down the House</i>	(to be released in late 2002/early 2003)
<i>Mutant X</i>	(TV series, 2001–present)
<i>Wishmaster 4: The Prophecy Fulfilled</i>	(2002)
<i>Gangland</i>	(2000)
<i>The Chippendales Murder</i>	(TV movie, 2000)
<i>Days of Our Lives</i>	(TV soap opera, 1999–2000)
<i>The Lot</i>	(TV series, 1999)
<i>Sunset Beach</i>	(TV soap opera, 1998)

wrestling in school and studied *kajukenbo* from 1986 to 1988.

Still restless and prone to skirmishing, by the time he was 20 he had gained plenty of combat experience. However, he did not truly appreciate what it meant to be a martial artist until after he and his family moved to California a few years later. It was only after he started training with Jhoon Kim and Jin Ha Choi at Sunrise Taekwondo in San Clemente, California, that he shed his obdurate attitude, he says.

"They were [instrumental] in changing my life, and not just as a martial artist," Webster recalls. "I was



Victor Webster (right) invested three years in Brazilian jujitsu to learn how to grapple.

and get them ready, I vacuumed, I went out and put fliers on cars. I went with them to do the grocery shopping. And they really coached me in the traditional part of the martial arts, rather than "This is how you kick the crap out of somebody."

The instructors' approach to training definitely influenced Webster's attitude toward violence. "If you want to learn how to fight, go out and learn how to fight," he says. "Go kick somebody's butt, and one of these days you're going to end up in the hospital or you're going to get sued. If you want to study the martial arts, go to somebody that's going to teach you more

Most of Victor Webster's current martial arts practice involves learning moves and stances for use in front of the camera.



Although his first martial art was judo, Victor Webster (bottom) has also trained in shotokan karate, kajukenbo and jujitsu.



With striking skills derived from taekwondo and kickboxing, Victor Webster (right) is accomplished in the stand-up arts.

on a really bad path at that time. I was doing things I could have gone to jail for, and they basically took me under their wing *Karate Kid*-style."

In much the same way that Daniel-san did in the movie, Webster performed various chores for his instructors in exchange for his martial arts lessons. "I was the first person to sign up at this new school when they moved from Korea," he recalls. "I couldn't afford to pay, so I cleaned windows, I helped organize the kids



than just how to punch somebody in the face."

Kim and Choi taught the actor about indomitable spirit, confidence and motivation. They also showed him how to respect himself and others.

Webster earned his *taekwondo* black belt in 1995 and then opted to supplement his skills with kickboxing. He claims he is more interested in learning new systems than pursuing higher ranks in them. "My goal was to get one black belt in my life," he says. "As for the rest, I just want the knowledge. So I take as much stuff as I think is useful, and then I move on."

His continued interest in learning new styles has provided the 29-year-



If you study the martial arts only so you can beat people up, Victor Webster (bottom) says, you will wind up in the hospital or in court.

old thespian with some unique training opportunities. One of them involved studying Brazilian *jujutsu* from 1995 to 1997 so he could hold his own against no-holds-barred athletes while serving as a sparring partner for Ultimate Fighting Championship XVII lightweight contender Chris Brennan.

These days, Webster no longer trains in traditional martial arts. Instead, he works on perfecting staged-combat techniques, fight choreography and wire work. "I'm learning a lot of kung fu right now, but it's not practical street-application martial arts," he says. "It just looks good."

Growing Pains

It took some time for Webster to find the path that eventually led him to the martial arts and acting. He endured a few false career starts, including a stint as a stockbroker and two years as the owner of an import-export company. "I was trying to find

my calling," he says. "I was running away from the fact that I didn't believe in myself. I thought if I didn't try it, then I wouldn't fail."

Eventually he got into modeling, and he spent time on the runway in Italy and Spain. He ultimately decided that it wasn't for him, but his stellar auditions for various commercials encouraged him to try acting. He moved to Los Angeles, where he lived on Oriental noodles for nine months while spending most of his money on acting classes. Since then, there has been no stopping him.

Webster's advice for success in life and the martial arts is simple: Learn as much as you can from as many experts as you can find. "I not only want to take the best that I can find from somebody, but I want to take the best I can find from a lot of people who are well-rounded," he says.

It is important to always strive to improve your talents and not just coast along, says Webster, who was

recently voted one of *People* magazine's Top 50 bachelors. "If you focus on bettering yourself and learning from people all the time, you can pick where you want to go in life."

The direction he wants to go right now would lead to a romantic comedy with no action at all, the star insists. He desperately wants to avoid being typecast as a martial artist. "I also want to do some action like *Blade* or *Die Hard*," he says. "And I want to do straight dramatic acting with no funny stuff, no action—like a recovering drug addict or a *Leaving Las Vegas*-type of role." His drive to get good in one martial art before branching out into others seems to have spilled over into his professional life.

Whether he is showcasing his skills on the big screen or small screen, Webster's martial arts experience has given him a niche in Hollywood, he concedes. "It gave me something extra because there are good-looking guys out there who can act. So if I can act, if I have a certain look and if I can kick somebody's [butt] on camera, why not take all my talents and make them into one?"

His acting has definitely benefited from his martial arts training, he says. "The art of the martial arts has given me emotional depth. There have been times when I have had to go past my limitations physically and I have had to dig deeper into myself emotionally to surpass my limitations there as well."

The martial arts also gave him the confidence he needed to survive in the often-cutthroat entertainment indus-

Extracurricular Activities

To stay creative when he is not shooting *Mutant X*, Victor Webster writes scripts. One day he would like to pen a screenplay and direct it, he says. If it involves action, he will insist that any martial arts scenes be done within the context of a strong plot. He eschews gratuitous fighting in films.

Another new passion for the actor is music, and to further his abilities, he is taking voice and guitar lessons. "I do it for fun right now, but I have an aspiration at some point to make an album," he says.

—S.F.



Airborne kicking techniques are just one part of Victor Webster's arsenal.



After earning his taekwondo black belt in 1995, Victor Webster (right) decided not to pursue advanced rank in other styles.

try. "You've got to believe in yourself," he says. "You've got to have that mentality of, 'This is exactly what I'm trying to do—screw everybody else.'"

Following the Dream

Webster's steady climb to stardom has not surprised anyone—least of all himself.

"I have a tattoo on my back that I got

Did You Know?

Before he became an actor, Victor Webster considered becoming a fighter. In possession of a black belt in taekwondo and an undefeated record in heavyweight sparring and amateur kickboxing, he even considered becoming a no-holds-barred fighter. "At one point I had aspirations of starting to kickbox on a professional level or a semi-professional level," he says. "And when I was 205 pounds and I was sparring with guys from the UFC, I thought of going into that, but it's clear that didn't work out."

—S.F.

PHOTOS BY MONIQUE PERDUE



Because of his superb striking and grappling skills, Victor Webster (standing) once considered trying his hand at professional fighting.

when I received my black belt," he says. "It's a Chinese [saying] that means 'Never give up.' If there's something you want badly in your life, you have to focus. You have to take the necessary steps and do what it takes to get there—and that's never giving up. You have to be relentless. If you can live by that philosophy, there's nothing you can't have."

About the author: Sara Fogan is the managing editor of *Black Belt*. For more information about Victor Webster, visit <http://www.victorwebster.com>.

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DILLMAN KARATE INTERNATIONAL





kid safe

by Sara Fogan

20 Experts Sound Off on What You Need to Know to Protect Your Children

In *The Deep End of the Ocean*, Michelle Pfeiffer portrays a woman who is devastated when her 3-year-old son disappears while she's distracted in a hotel lobby. Her anguish over the kidnapping is compounded by her husband's recriminating words: "Children don't get lost. People *lose* them!"

Whether a youngster is snatched from her bedroom at night or carried off while playing with a friend in front of her home, it devastates the victim, the victim's family and the community. And all too often, it proves fatal for the child.

Fortunately, there are some simple ways parents can protect their kids, as well as some strategies kids can use to fight back and get help. To learn more about them, *Black Belt* asked 20 self-defense experts—martial arts instructors, reality-fighting specialists and law-enforcement officers—to identify the best ways to keep kids safe. In part one, presented below, those experts address the most important lessons parents can teach their youngsters. In part two, to be published in the December 2002 issue, they will discuss methods older children and teen-agers can use to protect themselves. Note: All the instructors that were consulted offered extensive advice, but their comments have been condensed for the sake of brevity and to avoid repetition.

Victor deThouars

Perhaps the best safety tip for the 21st century is the same advice parents have given their children for generations: Don't talk to strangers. "That's the standard thing for small people," says *pentjak silat soempat* expert Victor deThouars, who lives in Bellflower, California. "It's the most important thing that a child needs to know."

George Dillman

Black Belt Hall of Fame member George Dillman claims all children can



PHOTO BY ROBERT W. YOUNG

The most important lesson kids need to learn is to not talk to people they don't know, Victor deThouars says.

benefit from martial arts training because all arts teach techniques that can be used in a threatening situation. "The first thing martial arts schools teach children is how to break away from holds or how to just take off and run if

George Dillman (right) advocates martial arts lessons for all children because the first things taught are usually escape techniques.



PHOTO BY SARA POOLAN

they have to," says the Reading, Pennsylvania-based pressure-point expert.

Tony Blauer

It is crucial that children never stop thinking about ways to escape their captor, says Montreal, Canada-based street-fighting expert Tony Blauer. If one plan fails, they must continue to look for another way out, he adds. "The window of opportunity for escape may not be like what conventional self-defense systems teach."

An example of such resilience comes from the 7-year-old Philadelphia girl who recently chewed her way through the duct tape that was binding her hands and broke a window to call for help. "She maintained her wits and said: 'I don't want to be here. I've got to get out,'" Blauer says. "She's my hero because she fought until she got free."

Stephen K. Hayes

Ninjutsu master Stephen K. Hayes says children need to practice both physical and verbal defense skills so they know what to do if a stranger approaches. "The most important thing is for parents to actually practice these kinds of encounters," the *Black Belt* Hall of Fame member says. His list of essential skills includes keeping distance between the child and the stranger, watching the stranger's hands and seizing any opportunity to run away.

Kids also need to learn how to control their voice and which words they should use when they talk to a stranger, adds the Dayton, Ohio-based instructor. "They should practice using these words just like they practice their physical techniques."

Melissa Soalt

Children should not to talk to strangers, but if someone tries to kidnap them, they may have to seek help from an adult they don't know. In that case, *Self Defense for Women* columnist Melissa Soalt advises parents to teach their kids to run to a woman for help. "That's not to say women can't be bad people, but generally a woman will have a very visceral, immediate, empathic, maternal response to a child in trouble," says the Amherst, Massachusetts-based self-defense instructor.

Pat Johnson

Parents need to make their children aware of the risks they face from molesters and kidnappers and mentally prepare them to fight back if necessary, says *tang soo do* expert Pat Johnson. However, many people are reluctant to even begin that kind of discourse with youngsters. "They'd rather shield their children because they worry, 'If I talk to my children about it, they're going to have nightmares,'" he says.

Parents can seek professional advice about how to discuss the risks of being victimized in a way that will not scare the kids, the Canoga Park, California,



Children who have been abducted must never stop trying to escape, says Tony Blauer.

resident says. "Find someone who would know what to tell children and help them [develop] courage and be mentally prepared."

The more confident the parents are about what they say will work, the less traumatic those lessons will be for the children, the *Black Belt* Hall of Fame member adds.

Peyton Quinn

Sometimes it's necessary to entrust a child's care to another person. For example, if there is an emergency and the parents cannot pick him up after school, they may need to ask a neighbor to bring the child home. To deal with that type of situation, reality-fight-



Kids must be taught to refuse to help adult strangers and to not worry about sounding rude when they announce their intentions, says Lito Angeles.

questions or request help finding a lost pet, says Lito Angeles, a police officer in Southern California. That's why kids must be taught to be wary of strangers and refuse to help people they don't know. "Tell them that if anyone asks them for directions or help, they shouldn't worry about hurting the person's feelings because it's inappropriate for an adult to ask a child anything," he says. "There is nothing wrong with saying no or being assertive."

Paul Vunak

The neighborhood in which the family lives can impact the level of threat the kids face every day, says *jeet kune do* expert Paul Vunak, who resides in Capistrano Beach, California. "If I were a parent, the most important thing would be to simply keep the kids in a safe environment," he says. "Otherwise, there's not much they can do if an adult is set on doing what he plans to do."

Jeff Clancy

From an early age, children should be taught how to recognize threats in their environment, says Jeff Clancy, a Southern California law-enforcement officer. "Parents need to sit down with their kids and spend time educating them: These are red flags. When you see X, Y and Z, you should respond with A, B and C," he says.

The parents should tailor their conversations to the kids' level of understanding, using dolls or building blocks to illustrate different scenarios involving them and the bad person, he says.



The challenge for parents is to educate their kids about kidnappers and pedophiles without making them paranoid, says Bob Koga (right).

ing expert Peyton Quinn advises parents to create a password that only they and their children know.

"If someone shows up and says, 'Your mom asked me to pick you up,' they either know that code word or it's an attempted abduction," says the Lake George, Colorado-based teacher and author.

Lito Angeles

A popular ruse that a criminal will use to engage children is to ask them

Gary Alexander

The most important thing kids should do if they are grabbed is find a way to break free from their captor, says *Black Belt Hall of Fame* member Gary Alexander, a resident of Edison, New Jersey. While 5-year-olds are no match for a 180-pound adult, there are some things they can do to loosen his grip so

Practical Precautions

According to Gaithersburg, Maryland-based self-defense expert Sammy Franco, the following tips can help you protect your children from danger:

- Avoid writing your child's name on clothes, lunch boxes or backpacks because it might enable a stranger to identify him.
- Tell your child that no one has the right to touch his body.
- Teach your child not to speak to strangers or accept gifts from them. If someone approaches your child on the street, he should stand at least five feet away from the stranger at all times, thus creating a gap that will allow the youngster to get away if he feels threatened.
- Accompany your child to public restrooms. If you cannot go in together, stand at the door and monitor how long the kid is inside.
- Have your child fingerprinted.
- Encourage your child to confide in you. Keeping secrets can result in increasingly dangerous situations.
- Support your child if he refuses to hug and kiss relatives, for that attitude will make it easier for him to say "No!" to a touchy-feely stranger.
- Enroll your child in a reality-based self-defense program to increase his awareness and learn practical martial arts techniques.

—S.F.

they can escape, the *issihin-ryu* karate expert says.

"If they are going for his nose, they can use a palm-heel strike because it uses the strongest part of the hand," he says. "It is one of the most natural movements, and it doesn't require a lot of training." Alternatively, youngsters can stick a finger in the assailant's eyes, punch him in the nose or kick him in the groin to create an opportunity to escape, he suggests.

Richard Fike

Small children may be able to delay an assault by making a lot of noise, says military hand-to-hand combat specialist Richard Fike, who lives in Madison, Ohio. "By at least resisting and scream-

ing kids 24 hours a day. "They have to live a normal life," he says.

Marc MacYoung

Small children generally cannot outrun an adult who is determined to catch them, but if they are approached on the street, they can use their size and agility to avoid the assailant by diving under a parked car, says Denver, Colorado-based self-defense instructor Marc MacYoung. "Kids can get under an SUV far better than an adult, and if they grab something on the bottom of the vehicle, it is very difficult to get them out," he says.

Darren Levine

Kids need to know how to attract the attention of adults who can help

Young children are particularly vulnerable when they are not with their parents, he warns. "If adults were held truly accountable, there would be fewer abductions," he says. "We've got to get back to that family atmosphere."

Scott Sonnon

Kids must learn to trust their instincts, says Scott Sonnon, a Seattle-based teacher of the Russian arts of self-defense. "Fear is their personal alarm system. They need to realize that it is something they were given as a gift. It's a technology of intuition. Children have that alarm system, and they should be encouraged to trust it."

However, many children are reluctant to follow their feelings and back

Who Is After Your Children?

Wing chun kung fu expert and *Black Belt* Hall of Fame member William Cheung, a resident of Melbourne, Australia, created the Stranger Danger program to teach people about 10 common ploys abductors use to lure children:

- Giving gifts: The stranger offers the child candy or a toy.
- Being friendly: The stranger tries to get close by being nice.
- Playing games: The stranger invents a game to get the child's attention.
- Acting helpless: The stranger pretends to need assistance.
- Being the leader: The stranger says, "Follow me so we can play a game."
- Posing as a magician: The stranger does magic tricks to attract the kid.
- Playing the messenger: The stranger tells the child his mother or father sent him to deliver a message.
- Making promises: The stranger promises to take the child someplace fun—such as an amusement park.
- Being "Mr. Cool": The stranger tries to impress the child.
- Acting scary: The stranger threatens the child.

—S.F.

ing and punching, they will draw so much attention that other people will see them," he explains. Even if they are unable to prevent being taken, there will be plenty of witnesses who can recall what happened and report details about the incident to authorities, he says.

Bob Koga

One of the most important things parents can do to protect their kids is educate them about the risks of pedophiles without making them paranoid, says Bob Koga, a Los Angeles-based retired police officer and *aikido* expert. "All you can do is educate them the best you can, giving them a constant reminder without causing them to be so afraid."

Parents still need to be vigilant about where their kids go, whom they play with and the background of any adult who supervises them, he says, but it is unrealistic to think they can watch their

them if they are being assaulted or abducted, says *Krav Maga* instructor Darren Levine, who is also the deputy district attorney for the County of Los Angeles' Crimes Against Peace Officers Section. Most of the time, when adults hear children screaming in a store, they turn away because they believe it is a case of a parent disciplining an unruly child, he explains. Predators like to capitalize on that by pretending to be the victim's father. Therefore, he says parents should teach their kids to shout: "I don't know this person! Help me! That's not my daddy!"

Larry Tatum

No matter what, parents need to be responsible for the well-being of their children, says American *kenpo* karate expert Larry Tatum, who teaches in Pasadena, California. "Giving them too much independence is dangerous these days."

away from a perceived threat because they are concerned someone will get mad at them, Sonnon adds. "Kids should be taught that even if they are wrong, no one will be angry with them if they feel fear and do something about it."

Rorion Gracie

Brazilian-*jujutsu* expert Rorion Gracie says the onus is on the parents to keep track of their children. They should not even allow their kids to play outside without adult supervision, he adds.

"The younger the kids, the more the parents have to keep a hawk eye on them to protect them from the crazy people out there," says the resident of Torrance, California. "The bottom line is, the kid expects you to do it." ❖

About the author: Sara Fogan is the managing editor of *Black Belt*.



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Taking advantage of a kenpo nerve activation, Ron Chapél uses a three-point stance, a lock and a pin to complete a gun-disarm technique on Rod Perez.

Kenpo

Learn the
Fighting Secrets
Ed Parker
Didn't Want You
to Know!

Story and Photos by Loren Franck

For the past half-century, many names have been linked to Ed Parker, the legendary founder of American kenpo. World leaders, star athletes and Hollywood celebs have craved knowledge of his practical, effective fighting system. Even the King, Elvis Presley, was hooked. But few people were closer to Parker than Ron Chapél, who assisted him with his writings and for 12 years was éminence grise at the International Karate Championship. Parker's long-standing but now-defunct Long Beach, California, extravaganza. Recently promoted to 10th degree black belt, American kenpo's highest rank, Chapél was a stellar student for nearly three decades under Parker, who suffered a fatal heart attack in 1990.

"Many people think Ed Parker taught identical concepts and fighting methods to all his black belts," says Chapél, who holds a doctorate in anatomical physics. "Actually, he shared different concepts with different students. Nerve strikes, which I've named 'sub-level four kenpo concepts,' were extremely important during our training together." In this exclusive Black Belt interview, Chapél reveals why sub-level four may be the most lethal aspect of American kenpo—and why its tenets remain carefully guarded.

—L.F.

Nerve Strikes

BB: Conceptually, what are American *kenpo's* sub-level four strikes?

Ron Chapél: They're various strikes and other forms of pressure applied to the body's vulnerable nerves. Often called cavity presses, nerve strikes are rare in many modern-day martial arts, but they've been part of the traditional Chinese healing arts for centuries. They're certainly not confined to American *kenpo*. Most martial artists are familiar with acupuncture, which uses certain points on the body for healing. But these points also have destructive applications, which we take full advantage of in martial science.

BB: Why are nerve strikes so important?

Chapél: Unless you study a true martial science, one tested in the laboratory of experience, they probably won't mean much to you at all. Many martial artists are happy with their current course of study and would rather

not learn a lot of pressure-point applications. Throughout much of the world, martial sport is the most popular aspect of martial arts training. No-holds-barred fighting and point fighting attract the lion's share of attention. Unfortunately, the public believes that these martial sports are the same as real fighting. There's a tremendous difference between competition and combat. Most martial arts contain strikes aimed near nerves and other soft tissue, but nerve activation is entirely different.

BB: What do you mean by "nerve activation"?

Chapél: Practitioners of motion *kenpo* and other so-called street martial arts often target their opponents' eyes, temples, testicles and throats. Why? Partly because these fighting systems lack nerve-strike applications. If soft tissue must be your first target, nerve strikes are noticeably absent from your

curriculum. Correctly use nerve strikes, however, and you can completely control the injuries inflicted on your adversaries. Your force can be lethal or mitigated. This is extremely advantageous because the amount of force used is an important legal issue in self-defense. After learning how nerve strikes work, you can fully implement such vital concepts as internal energy, positive and negative body posture, and structural integrity.

BB: When should nerve strikes be used?

Chapél: In sub-level four *kenpo*? Always. They're essential to our core curriculum. But it's not enough to locate the body's vital nerves. You must become skilled in other areas of martial science, too. You also need proper body mechanics to execute nerve strikes effectively. Nerve cavities move as body posture shifts, so access to them changes.



BB: So it's best to perform American kenpo nerve strikes within a battery of diverse concepts and techniques.

Chapél: To use sub-level four effectively, you must combine additional information with your knowledge of nerve strikes. In essence, this blend makes their application effective. Some people study acupuncture charts and then try to figure out how to perform nerve strikes. Regrettably, it's not that simple. You need the correct executions associated with proper body mechanics. And if you plan to open nerve cavities, misalign your opponents and limit their movements, you must induce negative body posture.

BB: Your approach seems complex.

Chapél: It might seem so initially, yet even my beginning students practice it every day because it's built into our cur-

riculum. Granted, nerve strikes aren't widely taught in the United States. And when they are, the instruction is usually superficial. Too many martial arts students attend class just for the workout, but a good sweat doesn't mean you learn anything worthwhile. Sub-level four training is different. It's physically demanding and mentally rigorous.

BB: Where did you learn about nerve strikes?

Chapél: From Ed Parker. While helping me improve the kenpo lessons I was giving, he began teaching me about pressure points. Before I met Mr. Parker, I studied martial arts with Grandmaster Ark Wong, who had collaborated with him, so I was familiar with many of my newfound American kenpo movements. However, Ed Parker was able

to fully explain what I was doing.

BB: You claim kenpo nerve strikes have been continually updated.

Chapél: American kenpo has been refined since its inception. It has never been set in stone; it's never been static. Ed Parker didn't want it that way. He always tried to advance American kenpo, even if such progress further simplified it. Throughout my 39-year kenpo career, I've taught at colleges and universities, much like Ed Parker did when he began teaching. This allowed him to use my kenpo classes as experimental laboratories—all of which played a major role in the curriculum he was developing.

BB: When did he begin teaching his students about nerve strikes?

Chapél: In his first book, *Kenpo-Ka-*





Effects of momentum and negative body posture: Rod Perez (left) pushes Ron Chapéi into a negative body posture (1). Chapéi pivots to absorb the momentum, and after pinning the opponent's arm, he strikes a nerve in his triceps tendon (2). Maintaining the pin, Chapéi hits another nerve on his arm, forcing him into a negative body posture and causing his head to turn slightly to the left (3). Chapéi then strikes a facial nerve and pins the other man's elbow, thereby maintaining his negative posture (4). Finally, Chapéi rubs the nerve and knocks him unconscious (5).

rate, originally published in 1961. It didn't reveal everything he knew about nerve strikes, but it did shed some light. This groundbreaking treatise includes charts, references to nerve locations and consequences of striking select body parts. Mr. Parker soon stopped writing about nerve strikes, though, because they require hands-on instruction.

BB: How flexible was his course work?

Chapéi: The curriculum was very rigid then. Unless he said otherwise, there was only one proper way to execute each technique. This differed radically from the conceptual teaching method he normally used, which stressed "tailoring" and "rearrangement concepts." Sub-level four maintains Mr. Parker's perspective of conceptual inflexibility. Take slap checks, for example. Known

as *pak sao* in *wing chun kung fu*, American kenpo slap checks began with Ed Parker, and my students have always used them. But until recently, some motion-kenpo students had never heard of slap checks.

BB: But what specific nerve strikes did he teach you?

Chapéi: There are no specific nerve strikes in American kenpo. Nerve cavities pertain to anatomical science, but the application method I use—sub-level four—can change across circumstances. See the difference? It's like the English language, which contains nouns, verbs, vowels and other components. A vowel nerve, for instance, would be a specific lung point on an arm. What really makes it interesting, though, is the defined body posture integral to the process. Weight distribu-

tion and other variables are crucial, too. Unfortunately, few martial arts instructors ever refer to negative and positive posture.

BB: Where did he learn the nerve-strike concepts he taught you?

Chapéi: Mr. Parker was a great ambassador. Friendly with everyone in the martial arts, he shared his knowledge with instructors from various fighting systems. Fortunately, these instructors reciprocated. In the earliest days of American kenpo, he worked with Ark Wong, Lao Boon, Jimmy H. Woo, James W. Woo (not to be confused with Jimmy Woo) and many other masters. Chinese nerve strikes have never been widely taught to non-Chinese Americans, and much of what these masters taught Mr. Parker is still privileged information among the Chinese. There are books about Chinese nerve strikes, but these writings don't give enough information to be used in the real world.



BB: One theory is that Parker learned his nerve strikes from William Chow.

Chapéi: His knowledge of nerve strikes did not come from William Chow, who

Defense against a punch: Ted Humphrey (left) begins a right-hand punch aimed at Ron Chapéi's head (1). Chapéi assumes a positive body posture (2), then steps inside, hammers a nerve in the opponent's shoulder, "unweights" his right leg and strikes an arm nerve (3). Next, Chapéi hand-swords a nerve on the other man's neck and adds a slap check (4) before finishing with a heel-palm strike (5).

served as his instructor in the late 1940s. Chow influenced Ed Parker tremendously, but Chow didn't even teach forms—and the Chinese hid treasures of information within various forms and sets. As Mr. Parker worked on the material, he assembled pieces of an information puzzle to fit his vision of kenpo. For example, he would teach me a technique, only to revise it later, saying, "No, Ron, that won't give you the effect you need." In some ways, he was like other American martial artists. But in so many other ways, he was decades ahead of his time.

BB: What made him different?

Chapé: He was acutely aware of what he did not know, and he diligently sought that missing information from people who had it. He took everything in, determined its worth and rejected the impractical—a process he called "comparative analysis." He emphasized repeatedly that he never changed American kenpo; he merely refined it. And some students, beginning and advanced alike, quit training with him because he challenged them to learn the latest refinements. Loyal, older generations of black belts were promoted primarily because of their longevity and personal service. It was a common practice in many fighting systems, but Ed Parker wanted to modify it. He routinely cautioned each new generation of black belts, "Just because the stripes show, don't mean you know."

BB: Apparently, sub-level four is more concerned with nerve-strike concepts than rote techniques.

Chapé: That's correct. Again, Ed Parker's experience provides perspective. Many of his first black belts were already skilled in other martial arts. But these students converted to Ed Parker's logic, and his logic was astounding. Although many of their fundamentals differed from what he taught, these early students possessed basic martial arts skills. And American kenpo students have displayed this diversity in fundamentals ever since. You see, Ed Parker didn't teach a lot of rudimentary moves to students. Rather, he taught basic concepts—what a maneuver was designed to accomplish. He revealed how to make it functional, which is a teach-



Effects of negative and positive body posture: As Ricky Perez prepares to bear-hug Mercedes Chapé (1), she steps forward to brace herself, secure her balance and absorb his momentum (2). She then moves her left foot forward, settles into a positive body posture, hooks her opponent's arms and pulls them downward, thus forcing him into a negative body posture, opening his body cavities and making it impossible for him to lift her (3). Chapé assumes a horse stance (4), forcing the assailant further into a negative posture, which opens targeted nerve cavities. After breaking free, she hammerfists the nerves on his lower centerline (5).



ing approach all but nonexistent in traditional martial arts.

BB: How do nerve strikes affect their victims?

Chapé: That depends on many variables, including the person's posture when he's struck, the nerves impacted and the nerves activated before or after the application. In sub-level four, we frequently activate specific nerves to create a desired physical reaction and posture. This enables us to access the next nerve in the destructive sequence. Sometimes a nerve-strike victim experiences physical/mental disassociation, which resembles a technical knockout in boxing. Essentially, you know what's

occurring but can't do anything about it. This helplessness ranges from inability to remain steady on your feet to loss of consciousness. The number of nerves activated, the order in which they're activated, the time of day, and other variables profoundly affect the outcome.

BB: After reading this, some senior American kenpo instructors might say, "Ed Parker never taught nerve strikes to me." Your comments?

Chapé: Here's the real question for these instructors: If Ed Parker had information about nerve strikes, why didn't they learn it from him? And that's best answered by each indi-



Ron Chapél (left) pressures a torso nerve on Lincoln Conti.

vidual. The knowledge of nerve strikes exists in American kenpo. The applications of this information are real and extremely effective, and anyone who

sible for what Mr. Parker taught me, not for what others don't know. Quite frankly, those who focus on the origin of American kenpo nerve strikes are



suggests Ed Parker didn't possess this knowledge is sadly mistaken. In fairness, many students stopped training seriously with Mr. Parker before he began teaching nerve strikes. Some students weren't the caliber they proclaimed to be or simply didn't spend enough time with him. Others had commercial schools and didn't need to know about nerve strikes. But regarding who learned what, that's not for me to say. I was Ed Parker's longtime friend and dedicated student, but was I privy to everything he taught, and to whom? No way. As we speak, someone might be working on kenpo applications Ed Parker taught him—applications I never learned. I'm only respon-



suspect. My students know the nerve-strike applications Ed Parker taught me. Ed Parker Jr. knows these applications, too. I've seen a few kenpo practitioners try them, but they're way off. Their techniques, corrupted for the purpose of public demonstrations, would never work in real life.

BB: Why did Parker make such a special effort to teach nerve strikes to you personally?

Chapél: Perhaps because I was a police officer. He also wanted us to co-author a series of books and videos targeted to cops and security personnel. Cops fascinated Ed Parker. While a brown-belt instructor at BYU, some of his students

were Utah Highway Patrol officers. He'd hang out with them, inquire about their procedures and ask about the curriculum at police academies.

BB: Can anyone use American kenpo nerve strikes?

Chapél: Sub-level four isn't for everyone. Motion kenpo was designed to put American kenpo on the map, which it did. But motion kenpo appeals to students who don't want a staunchly traditional discipline. Motion kenpo is eclectic and fairly free in form, and it allows personal preferences during execution. Sub-level four kenpo is somewhat similar but is a distinct process that provides unique knowledge and skills. Some students learn part of its curriculum and believe they can discover the rest on their own. You can't learn it unless someone teaches it to you.

BB: What do you tell students on their first day of sub-level four training?

Chapél: Take your time because there's a lot to learn. No matter how starved for knowledge you are about American kenpo nerve strikes, time is the major ingredient of your success. Learn the basics thoroughly. They're the building blocks to your martial arts house. And if you want your house to withstand the test of time, its foundation must be solid. Since Ed Parker died, I've been organizing and refining sub-level four material. I've been writing curriculum and course books. I don't believe the information exists elsewhere, and after all these years, I'm only beginning to see daylight. Mr. Parker left me a treasure chest of information, much of which I was forbidden to teach while he was alive. It was his baby then; now it's mine. He left all of his notes and files to Ed Parker Jr. and me. It's awesome material. The man was more than a great thinker. He was a genius.

About the interviewer: Loren Franch is a free-lance writer based in Playa del Rey, California. For more information about sub-level four kenpo, write to Ron Chapél, Martial Science University, 253 South Market Street, Inglewood, California 90301.



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CONTINUED FROM PAGE 74

• **Ax hand:** Also known as the chop or edge-of-the-hand blow, it is executed by first straightening your fingers and extending your thumb, then striking with the fleshy part of your hand.

• **Chin jab:** Similar to a palm-heel strike, it involves first positioning your hand as though you were clutching a grapefruit. You then thrust your hand along an uppercut-like trajectory, smashing into the underside of the chin and continuing to drive straight through. The late World War II instructor Col. Rex Applegate considered it the most effective hand strike.

• **Face smash:** Delivered straight into the face, it starts with your hands held in front of your body as though you were trying to placate someone. You then spread your fingers as if you were holding a grapefruit and move your arm as though you were throwing a baseball. At the same time, you vault off your rear foot to propel your body forward, driving your hand through the target as if you were trying to touch your own knee. The object is to smash your palm into the attacker's face, with your fingers spread to maximize the chance of hitting his eyes. The technique can also be delivered as a quick piston-like strike from your non-dominant hand—like a boxer's jab. This particular off-hand face smash is functionally close to William E. Fairbairn's original tiger's claw.

• **Cupped-hand strike:** Ideally it should strike the ear, but it is still effective if it hits the neck or the side of the head. To envision the associated body dynamics, think of throwing a

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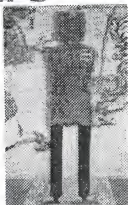
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baseball at the side of the attacker's head.

- **Shin kick:** It is delivered using a stomping motion, with the inside edge of your shoe making contact with the attacker's shin. It is often preceded by a step with your non-kicking leg because that motion helps you get your body weight and momentum behind it. When delivered correctly, it can be a fight-ender.

- **Spike kick:** A devastating move that targets the groin with the tip of your shoe, it is executed by lashing out with your leg so your thigh and shin form a 90-degree angle. Your whole leg is whipped upward as though you were trying to touch your thigh to your chest. It is executed swiftly with no chambering.

- **Push kick:** Perfect for driving an opponent backward to create space to draw a weapon, it is basically a front thrust kick aimed at the pelvis, groin or upper thigh.

While you should execute each of the aforementioned strikes as if you were using it to end the fight, you should never expect that one blow will do the job, McCann teaches. If you hit your opponent and then back off, you are giving him a chance to recover and launch a counterstrike.

Instead, you should stay on top of him until he is overwhelmed. After the delivery of each technique, you should chamber a follow-up, McCann says. You may not need it, but you should be prepared just in case—whether you find yourself battling a terrorist bent on inflicting maximum loss of life or a common criminal who targets you or your loved ones. ✖

About the author: E. Lawrence is a free-lance writer and practitioner of reality-based self-defense.

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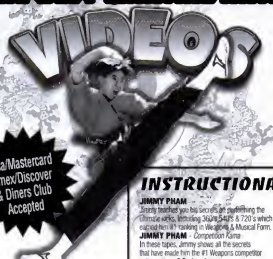
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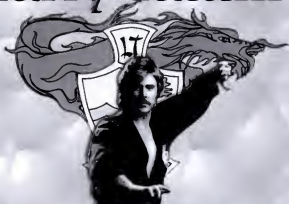
was watching myself move down the hallway. I was also keenly aware of my own breathing, which was deep and steady. Wounded officers often admit to having similar feelings.

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About the author: Jim Wagner is a law-enforcement officer who specializes in defensive tactics and special operations.

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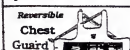
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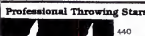
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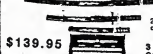
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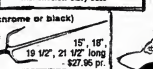
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Sports Medicine CONTINUED FROM PAGE 44

injuries and help your muscles recover from hard martial arts workouts and strength sessions. It will not only help your techniques, but also aid the functioning and performance of your body as a whole.

- **Sports nutrition:** Everything you eat, drink and breathe forms the building blocks of your tissues, so if you want to achieve your best, you need to pay close attention to your nutritional intake. Complex carbohydrates, protein, essential fatty acids and Omega-3s, water, and vitamins and minerals should be staples in your diet. By consuming small, scientifically designed meals every two to three hours, you'll have more consistent energy levels while you maximize your body's ability to grow, burn fat, develop strength and speed, and recover from training. If you just eat a "normal" diet, you'll never achieve your best.

- **Rest, recovery and a healthy lifestyle:** If you don't integrate enough rest time into your program, you won't recover fully between sessions, and that can lead to burnout and overtraining. Living a healthy lifestyle works synergistically with your actual training. Associating with negative or destructive people, suffering constant emotional conflict, taking drugs and drinking alcohol can create a major barrier to success. Everything you encounter or experience becomes a part of you, so make sure you're made of only the best. ✖

About the author: Pat Pollock is a certified strength and conditioning specialist, personal trainer and Thai-boxing instructor based in Jacobsburg, Ohio.

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Legends of Kung Fu

CONTINUED FROM PAGE 22

create an atmosphere of resentment over such things. Having to be disciplined at home and then again at the training hall creates a tough situation where most children and parents won't have the staying power to push through the rough times and pass the system on within the family. Consequently, when the son of a master does end up training, he is usually placed under the tutelage of the father's classmate or top student. That alleviates the child's sense of direct, unremitting pressure from the parent while keeping the knowledge fairly pure. Once he has been properly initiated into the system and developed an appreciation and respect for the father's knowledge, direct instruction between the father and son can occur.

I am not saying that there aren't plenty of instances where a father teaches his son to inherit a school or system. My *sil lum fut ga kung fu* teacher, Arthur Lee, has taught his son, Harlan, since he was a boy. While Harlan has also trained with his father's peers and other authorities, the majority of his knowledge comes directly from the countless hours spent in his father's classes and living under his father's roof. Today, Harlan Lee is poised as the successor of the *gee yung sil lum fut ga* lineage and is recognized as such by his father's students and the Chinese martial arts public.

About the author: Mark Cheng is a Los Angeles-based freelance writer who researches the Chinese martial arts and traditional Chinese medicine. To contact him, send e-mail to MJCSifu@aol.com. For more information about Arthur and Harlan Lee, visit <http://www.geeyung.com>.

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"There are many doors in life and none are as complicated as the one that looms over us as the most compelling challenge; what will I do?" To me, the above quote is the answer or key if you will, to that door. I have made or designed my life around these kind of quotes. Why? Is it because they take some of the guess work out of choosing destiny? Or is it because they were set down by leaders who seemed to have discovered what all of us searches for - happiness? In my case - both of these reasons ring true. To me, I hear something like that and I want to say "YES!" Many of the things I hear - the rules, the betting strategies - make me just want to say, "NO!" Society claims that you must give in to some boring plan in order to succeed. You must spend countless hours in some form of box (usually called a school) and then graduate to an even smaller box (usually called an office) all the while doing something for someone else - yet believing you are doing it for yourself. I have summed it up, but that is the basic strategy.

"An open hand travels faster than a closed fist, as it is true with the mind"

What will you learn?

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RTMS is not limited to the above guidelines. To list or label the training you will be receiving is impossible if we are to keep from setting limitations on our ability. This guideline is simply a cloud that hangs over the world of CMS.

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"CMS is what I pictured my life would be like when I was 8 years old... Living in a tree house, hanging out with friends, going on wild adventures and making it be a ninja."

- Nate Pratt (Florida)

"Martial arts is one of the passions in my life, and I wanted a place where I could do it every day. This is only one of the many things that I have gotten out of this program. I have done more in my first few months than some people do in their entire lives. All in all, life is a journey and this is one heck of a way to live it."

- Kristopher Butler (Canada)

"The martial arts training is really good and you learn many different things. Training varies so much and over different locations so you never get bored."

- Craig Heading (Australia)

Frequently asked questions

What does CMS offer?

The purpose of the CMS program is to educate and train motivated individuals, who seek the Life Style of Martial Arts and Adventure based on our concept of Mind, Body and Spirit.

Can you really reach instructors status in only 2 years?

Yes, you need to remember that you are giving 100% focus to the program. The average student takes about 3-5 years to reach black belt in a regular martial arts program. A regular program usually consists of 2-3 classes per week at about 2-4 hours per class. That person also is still going to school, working or simply focusing on other areas of life. At CMS, you will have up to 8 hours a day of training. You will be focused the whole year. Because we spread the training out over a schedule, you will be able to adapt and learn at your own pace. The program is intense for its focus, but we do not drill or grind you into training. Training will be fun and you will develop the necessary skills as you progress in the program.

Is it a problem if I have little experience with martial arts?

Martial arts experience is not required. However, it would help if you're an athletic person and like the outdoors. As far as the martial arts is concerned, it is easier for us to train you if we don't have to break old habits. If you have a great attitude and get along well with others, then this program might be for you.

What is Rick Tew's Martial Science?

Unlike most other systems, Rick Tew's Martial Science is geared to the individual. We put emphasis on building character, knowledge, mind, self-worth, self-confidence, self-discipline and physical conditioning. A major difference between Rick Tew's Martial Science and other martial arts is that training is not set to ideal conditions such as the dojo (training hall). Students learn in fluctuating situations and environments. Rick Tew's Martial Science stands alone as one of the most unique martial development systems available today. Because students are not expected to conform to an art, they can use a scientific approach to being their best.

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- * Make new friends and contribute to helping others achieve their goals.
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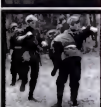
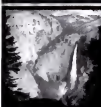
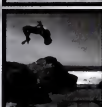
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BLACK BELT TIMES

CONTINUED FROM PAGE 20

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by Keith Vargo

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At first they laughed at me when I told people the secret went back to the Yellow Emperor's classic of internal medicine of the 1st century B.C. But no one was doing it except an American, affectionately known as the "Magic Man" living on a mountaintop in Tennessee. I had to thank my lucky stars for finding him. I pleaded with him to teach me his practice. He said the surprisingly simple secret was used by a Tibetan Yogi in the 1800s to expand the body's subtle energy fields. It creates high amplitude alpha brain waves, when done with a special Qi Gong routine. It is said to change the brain tissue. Can you imagine how this sets the environment for eternal youth? Since I'm an avid athlete, I asked if the missing link could also improve my strength. He went over to a cutoff 80 lb. dumbbell, his fingertips just barely reaching around the wide end. He picked it up as if it were a paperweight. He laughed at my amazement and replied, "How would you like to magnetize your fingers with chi like this? My Magnetic Qi Gong is the fastest way to turbo-charge the physical body that I've ever found."

As we walked together down the twisting mountain trail under a flowered canopy of pink and white laurel, he said, "When you hold your hands apart, if the empty space doesn't feel as solid as an iron ball, your chi could be toxic, and that could cause tumors, cysts, and growths. Do you agree that could be a problem? When do you believe the best time to change would be?" I sputtered, "Why, right now!" He put his hand on my shoulder as he laughed. His laughter made me feel unusually peaceful. The countless songbirds flittering from branch to branch seemed somehow to sing louder now. I'd always heard stories about sages secreted away in the mountains but I never thought I'd have the opportunity to... He stopped me as he read my mind. "Of course, it takes a very special individual to fully appreciate the value of this Qi Gong. The healing effects are so awesome. In fact you'll multiply your personal power instantly. That's why I've hesitated in sharing this secret, some might misuse it. So it's not for everyone. But, if one does misuse it..." I assured him I would not misuse this teaching and that I believed there were many other people who would value this as if a priceless treasure. He relented.

I can't believe my good fortune. I doubled the power of my chi in less than 11 days, and even further, he allowed me to film his secret! As I profusely thanked him, the Mountain Man just laughed and laughed, "Isn't it a shame how others waste their time when so simply, they could do what you just did?" **Tony Balistreri Milwaukee, WI**

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tall and weighing 352 pounds. Tamura is only 6 feet tall and 192 pounds. Because of the huge size difference, special rules were devised: There would be no kneeling on the ground, and Sapp could not leap onto Tamura and crush him with his considerable weight. The rule changes didn't help the RINGS star, however. It took only 11 seconds for Sapp to surge forward, get Tamura on his back and punch him into submission.

The second fight was between Pride veteran Gary Goodridge and sambostylist Labazanov Akhmed. In the first round, Akhmed came out swinging, throwing huge left and right hooks. Then he clinched with Goodridge and took him down. Akhmed was controlling the position and then went for an Achilles lock. When it failed, he ended up on the bottom. Goodridge then tried to cradle him, knee him and choke him with his forearm. He ended up controlling the Russian for most of the round, but the tough sambo fighter escaped just before the bell. The second round started like the first, but this time Akhmed had the top position and spent a large part of the round in Goodridge's guard, punching him. Only in the third round did one fighter truly look dominant. Goodridge spent a long time hammering and kneeling Akhmed from the side position, obviously trying to put him away. Although Akhmed survived, the judges' decision went to Goodridge.

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The third fight pitted Alex Steibling against Chute Boxe product Anderson Silva. It was another short fight, but surprisingly so. Steibling had a height and weight advantage and a deserved reputation for handling good Brazilian fighters. But Silva blasted the American's head with a powerful shin kick in the opening moments of round one. To his credit, Steibling immediately went for the takedown after getting rocked. But the kick opened a big cut over his right eye, and the doctor stopped the fight. Silva was declared the winner by TKO.

The fourth match was one of the best. It featured the return of controversial kickboxer Gilbert Yvel, who faced American Jeremy Horn. It was Yvel's first fight in Pride since being disqualified for repeatedly gouging Don Frye's eyes in their September 2001 bout. The Dutchman made light of this as he walked to the ring waving a giant yellow penalty card. But this time, Yvel kept it clean and gave Horn a good fight. At the beginning of the first round, the kickboxer tried some leg kicks and was immediately taken down. Horn went to work, sitting in Yvel's guard and chipping away at him with punches. But Horn couldn't keep him there, and soon Yvel was struggling to his feet again. Every time he got up, Horn immediately went for the takedown. The American occasionally tried submissions and even got Yvel's back, but

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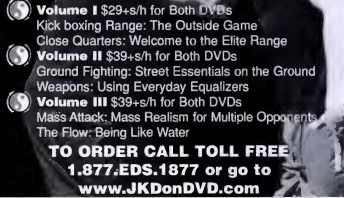
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My name is Mike Cohen. I'm a real guy, a businessman from the Atlanta, Georgia area. And what I experienced in a small studio in the heart of downtown Manhattan, just blocks from

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all that seemed secondary. The match was a constant struggle between their two basic strategies. The Dutch kickboxer was focused on escaping from the ground so he could give Horn a taste of his shin. Horn, on the other hand, was determined to take Yvel down the instant he got to his feet. The result was a well-fought battle of striking vs. grappling, but the American won by a unanimous decision because of his ability to control the action.

The fifth fight featured the return of Renzo Gracie after an eight-month absence from Pride. He was matched against another fighter coming off a long layoff: Shungo Ohyama. For Gracie, it was a chance to get back on track. Coming into this fight, he was 1-3 in his last four bouts. That one win, against pro wrestler Michiyoshi Ohara, was a respectable, unanimous decision over a heavier opponent, but it was nothing like when Gracie KO'd Oleg Taktarov and submitted Maurice Smith in the 1990s. Ohyama was out of the picture for nearly a year, recovering from a separated retina. Coming off three consecutive losses, he was choked out by Walid Ismail in his last fight. From the start, Ohyama seemed to be doing anything he could to make Gracie look bad. The young Japanese fighter was feinting, throwing spinning kicks and taunting Gracie. When the Brazilian closed the distance and tried trips and takedowns, Ohyama defended well. Not many of Ohyama's strikes connected, but he

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was always throwing something at Gracie: punches, kicks, cartwheel guard passes and jump/stomps over the guard. As the bout wore on, however, the Brazilian got frustrated.

"One of the reasons I spit in his face," Gracie said, "[is] because he was insulting me a lot during the fight."

To his credit, Gracie did try a number of takedowns, and he tried to match Ohyama's stand-up game. But Ohyama managed to keep it from going to the ground, and by the third round the Brazilian had visibly slowed down. In the end, Ohyama won a unanimous decision for keeping busy and taking his opponent out of his game.

The sixth fight pitted another Gracie, Daniel, against pro wrestler Takashi Sugira. This was a rookie match for both, and they came out trying to impress. In the first round, Sugira dropped Gracie with a cross and tried unsuccessfully to finish him off with strikes. Gracie followed by taking down the Japanese wrestler and pounding him while in his half-guard. Then he got the mount and continued the assault until he got Sugira's back. They stayed in that position for a long time, with Sugira taking punches to the sides of his head. At the end of the round, the Brazilian went for an armbar and Sugira reversed it, getting the top position again. In round two, Gracie came out strong, throwing a kick and a flurry of punches. Sugira fought his way through

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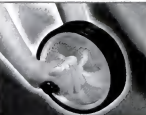


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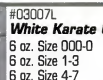
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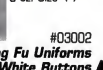
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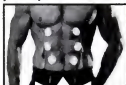
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the blows, clinched the Brazilian around the waist and tossed him backward. Once on the ground, he ended up in Gracie's guard and struggled to escape from an armbar and a triangle choke but managed to end the round in the top position. In the final round, Gracie controlled the action. He had the wrestler in his guard and attempted many submissions. But every time Sugiura tried to pass the guard, he ended up getting his legs kicked out from under him. In the end, the Brazilian won a split decision.

The seventh fight had Dutch Pancrase champ Semmy Schilt facing Ukrainian sambo stylist and RINGS veteran Emelianenko Fedor. Standing just over 7 feet tall, Schilt had used his natural reach advantage to put away fighters like Pete Williams. Fedor, one of the now-defunct RINGS organization's top fighters, sported a 7-1 record coming into the fight. It was another case of a great grappler trying his best to keep a great striker off his feet. From the start, Fedor went for the takedown and got it. Once there, he controlled the position and stayed on top throughout the fight. His offense consisted of punches and a couple submission attempts, but for the most part he just kept Schilt on his back and took him completely out of his game to win by a unanimous decision.

The final fight was a sort of retirement bout for former

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Ultimate Fighting Championship great Don Frye. It was supposed to be his rematch with Mark Coleman to avenge the one loss on his stellar record before returning to pro wrestling and devoting more time to his family. But Coleman suffered a serious neck injury in training, so the always-game Yoshihiro Takayama agreed to fill in on two weeks' notice. The Japanese wrestler had some advantages coming in: He's considerably larger than Frye and has strong knee strikes. His one big disadvantage is that he loses his head when he gets angry. But this time, it wasn't just him. From the opening bell, both fighters went berserk. Frye and Takayama threw fast and hard punches and knees without even thinking about defense. If either of them had any strategy coming into the fight, it went out the window immediately. Frye and his opponent grabbed each other behind the head with their left hands and punched each other in the face with their right. It looked like pure mayhem—two men simply thrashing each other with rapid-fire punches and nothing even resembling defense. In the end, Frye proved to be the tougher of the two. After five minutes of almost nonstop striking, Takayama ended up being mounted. Frye was blasting him with punches and bouncing his head off the ground. Six minutes 10 seconds into the first round, the referee stopped the action and awarded Frye the TKO in what may be his last fight.

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HEE IL CHO CONDUCTS SEMINARS IN IRELAND AND ENGLAND

by Jasmine Cho

LIMERICK, IRELAND—Hee Il Cho, president and founder of the Action International Martial Arts Association, recently visited England and Ireland—as he has done biannually for the past 20 years—to share his knowledge and enthusiasm with nearly 1,000 students from the United Kingdom and Europe. John Darcy, the European director for the AIMAA, accompanied Cho and demonstrated what he has learned from the Black Belt Hall of Fame member during the past 20 years.

Cho said he was pleased with the students' discipline, courtesy, professionalism and hospitality. From this and past experiences, he considers them to be "among the most enthusiastic and eager-to-learn students in the world," he said.

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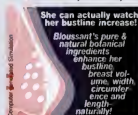
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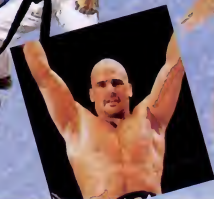
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Frank Shamrock

CONTINUED FROM PAGE 57

vide a limitless amount of information to absorb. If a man like Shamrock can attest to even now gaining knowledge on a daily basis, that may make the experience of some weekend warriors seem absolutely daunting.

One step at a time, though. While most of us are interested in positioning our bodies in the proper stance or correctly performing an armbar from the guard, Shamrock is obsessed with refining his skills to perfection. Yet in the disciplines he pursues, evolution occurs at an amazing pace, and learning is less about specific techniques than about gaining an understanding of what he needs to do to have his hand raised when it's all said and done.

"The things I was taught when I first started are not the things I teach now because those techniques have evolved," he says. "So the style I trained in is no longer the style we teach. Everything has changed—the knowledge, the theories, the ideas. They're still basically the same techniques; we've just refined the approach to utilizing them."

Shamrock on Jujutsu

"No-holds-barred fighting now is a totally different game from when [jujutsu] was dominating it," Frank Shamrock says. "The NHB guys are throwing punches, kicks, knees and elbows, and they understand the ground game. Unfortunately, jujutsu as a fighting style is not complete. It's a nice sport, but it's not a complete fighting style."

At his core, though, Frank Shamrock is—physically and mentally—a martial artist. And like any normal practitioner, he doesn't feel silly when he breaks out into a bit of shadowboxing while standing on a street corner, either. ✕

About the author: Josh Gross is a free-lance writer and no-holds-barred-fighting authority based in Beverly Hills, California.

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Reviews of 'Bruce Lee: Quest of the Dragon' and 'Modern Warriors'



Bruce Lee: Quest of the Dragon

Bruce Lee was one of the most important martial artists of the 20th century, as well as a pop-culture icon. This year marks the 29th anniversary of his death and the debut of the Xbox game that bears his name and likeness.

Universal Interactive has resurrected him for a new generation of video gamers in *Bruce Lee: Quest of the Dragon*. This is only the third game to feature Lee. (The first two were Acclaim Entertainment's adaptation of the movie *Dragon: The Bruce Lee Story* and Datasoft Inc.'s *Bruce Lee*.) An Xbox exclusive, *Quest* allows you to control the

lithe warrior in an anachronistic tale that features him as a former British Secret Service operator who must battle *ninja*, rogue monks and thugs to find his father and recover a stolen relic. It's a mix of tournament-style titles like *Tekken* and free-roaming adventure games like *Tomb Raider*. While lacking the visual realism and intelligence of *Onimusha: Warlords*, the game beautifully captures the authenticity of many martial arts, including *jeet kune do*. Universal Interactive, along with Ronin Entertainment, was able to show realistic fighting by using motion-capture technology to digitize the techniques of 25 martial artists, including Lee disciples Taky Kimura and Ted Wong.

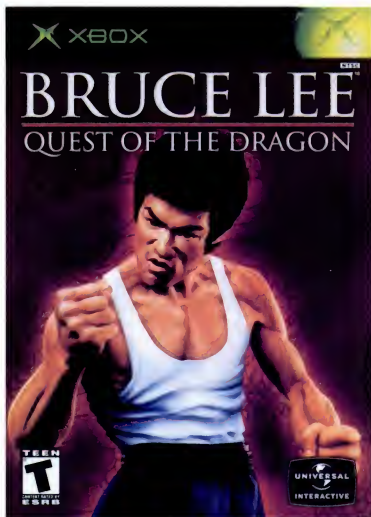
The game play could use some improvements, partly because of the Xbox's awkwardly designed controllers, but its 100-plus techniques can be learned and executed quickly. It's amazing to see the virtual Lee move with a stunning resemblance to the real McCoy, from his flying kicks to his subtle taunts. Universal Interactive producer Jeff Barnhart said the mold used to make Lee's Kato mask in *The Green Hornet* TV series was scanned to ensure that his facial expressions would be genuine.

Aficionados need not fear that this is just another exploitative cash cow. The Lee family supported the project wholeheartedly, Barnhart said. Retailing for \$49.99, *Quest of the Dragon* is an entertaining title that captures the essence of the legend.

Modern Warriors

Modern Warriors is a thought-provoking documentary that analyzes both the history and the current state of American martial arts. Distributed by Lions Gate Entertainment, the film features interviews with 50 top practitioners and with media stars like Jet Li, Sammo Hung and Louis Mandylor.

It opens with snippets of interviews with champions like Howard Jackson, Bob Wall and Pete Cunningham, who offer their thoughts on the progression of the fighting arts. While it is interesting to see and hear such legends tell their stories in their own words, it's even more fascinating to watch them in action: Bill Wallace and Benny Urquidez are



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shown decimating their opponents in the 1970s.

The documentary then looks at tournament sparring, from the no-equipment, full-contact era of the 1960s to the no-holds-barred competitions of today. The highlights are the archival footage and the gritty testimonials—including words from *tang soo do* master John Natividad, who laments about how busted ribs and a broken jaw were the price he paid for winning.

It then examines a variety of topics, from the philosophical aspects of self-defense to Urquidez's disgust for instructors who sell black belts. There's also an engaging portion focusing on the winning techniques used by Urquidez, Cunningham and Don Wilson. Finally, it delves into the evolution of the Ultimate Fighting Championship and K-1.

The only flaw is the documentary's glaring omission of any mention of Bruce Lee, who respected tournament champions but loathed the rules of competition. However, with its vintage footage and superstar commentary, *Modern Warriors* is an informative film for newcomers and a nostalgic retrospective for seasoned veterans. It is scheduled to go on sale in video stores in September 2002.

About the author: Patrick Vuong is a Santa Ana, California-based free-lance journalist who trains in tai chi chuan, kung fu and kenpo.

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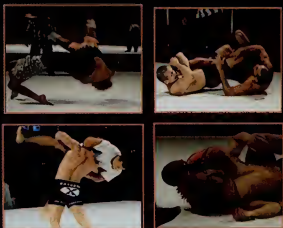
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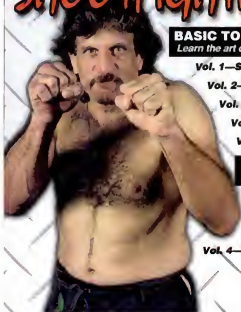
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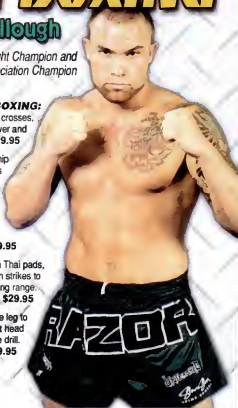
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—Monique Perdue

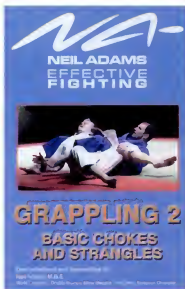
Judo Instructional Tapes

If you've been searching for videos that properly teach the basics of ground grappling, look no further. Five-time European judo champion and two-time Olympic silver-medalist Neil Adams has partnered with Fighting Films to produce a set of tapes that will lead you through grappling's signature moves. *Neil Adams Effective Fighting: Grappling 1—Basic Armlocks* teaches just what the title promises, as does its mate, *Grappling 2—Basic Chokes and Strangles*. While many other instructional tapes merely dump tons of techniques on you in a demonstrational format, each of Adams' videos takes a technique and shows every aspect of

it—from the standing entry to the finishing position. He shows each transition from a variety of angles and speeds, then finishes with footage of the technique in action.

The videos, which sell for \$38 each, are among the best I've seen. For more information, call (626) 281-3116 or visit <http://www.jiujitsuconnection.com>.

—Mark Cheng



Padded Training Sword

For martial artists who prefer to practice their sword skills without the dangers associated with wielding a live blade or a hardwood training model, Samurai Sports Inc. offers the ActionFlex *choken* sword. It is a sleek 40-inch-long padded weapon with a cloth-wrapped handle and a neoprene hand guard. When you make contact with your partner, it emits a loud crack but never leaves a

mark. Seasonal note: Christmas is just around the corner, and if you're at a loss for something to get your kids, check out this product and its shorter cousins. Little ones love to whale on each other with them, and they're perfect for teaching them basic weapon-handling skills. Available in black or red, the *choken* retails for \$49.95.

For more information, call (800) 748-4084 or visit <http://www.samuraisports.com> or <http://www.actionflex.com>.

—Robert W. Young



Exercise Belt

The Black Dragon Punchmaster is designed to provide resistance training for beginners and advanced practitioners alike. Available in men's and women's models, it features five feet of cord wrapped around two spring-loaded reels that are attached to an adjustable belt. The free end of each cord can be clipped to a gel-padded workout glove or an ergonomically designed handle, thus enabling you to execute punches against the resistance of the springs. It comes with reels rated at 2-1/2 pounds, 3-1/2 pounds, 4-1/2 pounds and 5-1/2 pounds, as well as leg attachments to build power in your kicks. The package sells for \$129. For

more information, call (888) 972-9255.

—Ella Morse



Tang Soo Do Manual

Ho Sik Pak has compiled all the information a *tang soo do* practitioner needs into one book titled *Complete Tang Soo Do Manual*. It covers the rank requirements from white belt to black belt, including forms, one-step sparring, breaking, free sparring and self-defense sequences. The text is easy to understand, and the 1,500-plus photographs are just what the reader needs to comprehend the moves of the Korean art. The book lists for \$49.95. For more information, call (818) 348-4881 or visit <http://www.greatwarriorpak.com>. —Monique Perdue



New Kicking Jeans

Way back in 1982, I made the mistake of purchasing a pair of pants that were billed as "kicking jeans." The pant legs fit like a couple of girdles, and the waistband was a bit of a low-rider. I was so disappointed that I chucked them in the trash. Fast-forward to 2002. Gusset Brand recently released its Diamond Gusset Jeans, an ultra-cool product that represents a quantum leap forward in trouser technology. The key to the whole design is, of course, the gusset. In my old pair, that patch of extra crotch denim protruded to

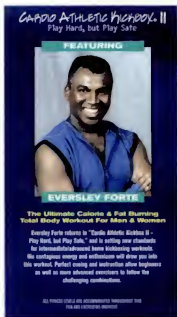


the front (not so bad) and to the rear (argh!). When I wear the Diamond jeans, however, the gusset cannot even be seen. The fabric is top-notch, and for me, at least, the fit is perfect. Best of all, they're classy and comfortable enough to wear around the office or around town. The price is \$34.99 to \$42.99. For more information, call (888) 848-7738 or visit <http://www.gusset.com>.

—Robert W. Young

Cardio Kickboxing Video

Eversley Forte's new video, *Cardio Athletic Kickbox II: Play Hard But Play Safe*, is guaranteed to provide you with an energizing workout that burns calories like nobody's business. Forte begins by giving you clear instructions for safely executing each of the various kicks, punches and knee thrusts that you'll be doing. He then describes and demonstrates the challenging combinations that will get your heart pumping. Although the program targets an intermediate to advanced audience, beginners can also enjoy the benefits by following Forte's low-impact version of each drill. The 57-minute video retails for \$19.95. For more information, visit <http://www.behindscenes.com>.



—Ella Morse

Jeet Kune Do Book

Jeet Kune Do: The Principles of a Complete Fighter uses elements from *muay Thai*, *kali*, *Jun Fan jeet kune do* and shootwrestling to give you the knowledge you need to fight in all ranges of combat. Authors Ron Balicki and Dr. Steven Gold help you find the strategies and techniques that will work best for you in your quest to become a complete martial artist. Featuring a foreword by Dan Inosanto, the book focuses on equipment training, grappling, ground fighting, weapons skills and multiple attackers. It relies on 208 pages of insightful text and more than 400 photographs to guide you through the most effective techniques known to man. It sells for \$14.95. For more information, visit <http://www.ronbalicki.com>.

—Monique Perdue



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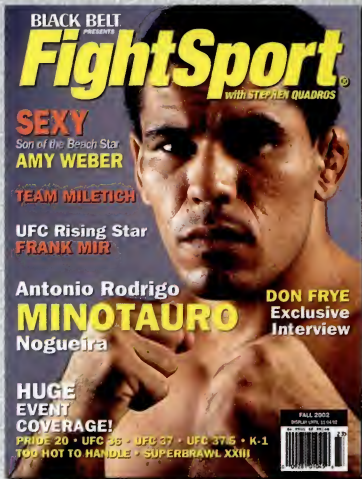
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KOREAN ARTS

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CHINESE ARTS

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CHINESE ARTS



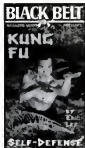
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World expert in tai chi chuan teaches this Chinese practice, mind-body awareness and rejuvenation. Topics covered: the nine temple exercises, the short form, push hands and self-defense. (90 min.) Code 938—Retail \$29.95

KUNG FU by Eric Lee

Eric Lee, who emigrated from China to the United States, is a respected kung fu instructor and a member of the prestigious Black Belt Hall of Fame (1986, Kung fu Artist of the Year). Silu Lee has received countless awards and accolades in competition and is an expert in many weapons and empty-hand forms of kung fu. Having already instructed thousands of individuals in practicing kung fu, Silu Lee is the ideal instructor to teach the many self-defense techniques that are covered in this volume.

In this video, Lee provides step-by-step instruction in: effective Chinese kicks, defense against grabbing and holding, counters to punching and kicking attacks, and disabling strike combinations. (Approx. 48 min.) Code 808—Retail \$29.95



HUNG GAR KUNG FU, Volumes 1-5 by Bucksang Kong

Sifu Bucksang Kong is one of the foremost experts on hung gar kung fu, and a highly respected member of the Black Belt Hall of Fame.

Volume 1 includes stances, maneuvers, foot positions, hand techniques and strikes, circular blocks and breath control. (57 min.) Code 798—Retail \$29.95

Volume 2 includes punching styles, blocks and evasion, kicking, fighting combinations, footwork and balance. (57 min.) Code 798—Retail \$29.95

Volume 3 includes five animal hand forms: tiger, crane, leopard, snake and dragon; special conditioning and self-defense. (57 min.) Code 798—Retail \$29.95

Volume 4 includes lung gar kuen form and breakdown, history of hung gar, courtesy and respect, stances and intricate footwork. (57 min.) Code 798—Retail \$29.95

Buy all 5 for \$119.80 Code-X113

Volume 5 includes lung gar kuen form, vital targets, skill levels and silu's viewpoints. (58 min.) Code 798—Retail \$29.95

SPECIALTIES & EXOTIC ARTS

KICKBOXING by Hector Echavaria

Hector Echavaria is a national and international kickboxing champion who has successfully defended his Vale Tudo Kickboxing Championship title 12 times. This three-volume video series is your chance to learn powerful kickboxing techniques from a true champion.

Volume 1 includes warm-ups and stretches; stances and footwork; basic punches and kicks; punch combinations; kick combinations; applications; Silu and defenses and blocks. (Approx. 39 min.) Code 824—Retail \$29.95

Volume 2 includes flexibility stretches; elbow techniques and applications; advanced kicks and applications; knee techniques and applications; low kicks; and advanced applications. (Approx. 39 min.) Code 824—Retail \$29.95

Volume 3 includes elbow and punch combinations; super-advanced techniques; advanced kicking and combinations; creating openings and more. (Approx. 38 min.) Code 824—Retail \$29.95



BRUCE LEE'S FIGHTING METHOD: BASIC TRAINING AND SELF-DEFENSE TECHNIQUES by Ted Wong and Richard Bustillo

Bruce Lee's jee kune do, as explained in the book series Bruce Lee's Fighting Method. This video covers the first two volumes, with topics including warm-ups, basic exercises, on-guard position, footwork, powerspeed training and self-defense. (55 min.) Code 828—Retail \$29.95

OKINAWAN GOJU-RYU by Ieru Chinen

Ieru Chinen, a direct disciple of goju-ryu karate founder Chojun Miyagi, teaches the 12 goju-ryu kata as well as special exercises and techniques seldom seen outside of Okinawa.

Goju-Ryu Volume 1 features goju-ryu warm-ups, sanjin kata, nijun gumi, gekisai dai ichi kata, gekisai dai ni kata, and san dan gi. (60 min.) Code 738—Retail \$29.95

Goju-Ryu Volume 2 features junbi undo, hojo undo, tensho kata, saifu kata, kigo undo and seychin kata. (58 min.) Code 738—Retail \$29.95

Goju-Ryu Volume 3 features hojo undo and junbi undo, shiochin kata, kigo undo-ishi sashi (stone hand-weights), sanseru kata, and segap kata. (58 min.) Code 738—Retail \$29.95

Goju-Ryu Volume 4 features hojo undo, kurunaru kata, kigo undo-chi ishi (stone weights) on a stick, asan kata and kigo undo-chi (heavy leg). (55 min.) Code 738—Retail \$29.95

Goju-Ryu Volume 5 features kigo undo (makimori), pinchin kata, and kakie (sticky hands). (58 min.) Code 738—Retail \$29.95



TAIKO by Kishin Daiko

The taiko drums have their roots in the religious rituals, village festivals and celebrations that have been practiced throughout Japanese history. Kishin Daiko is a contemporary, multi-generational group that uses these instruments at public events, including Super Bowl XXXIII, the World Cup Soccer Celebration, and the 1995 American Bicentennial Anniversary Celebration. No doubt, martial artists of all styles would be inspired to train to the dynamic sounds of this percussive drumming.

Vol. 1 includes traditional songs and footage from their rehearsals. How to build your own taiko drums is also discussed. (Approx. 58 min.) Code 778—Retail \$29.95

Vol. 2 includes more traditional songs and rehearsal footage, descriptions of traditional instruments and instructions to make your own taiko drums. (Approx. 58 min.) Code 778—Retail \$29.95



PRACTICAL KICKING TECHNIQUES by Roy Kurban

You'll learn all the kicks you need to know to defend yourself on the street or win tournaments. Roy Kurban demonstrates each kick and shows you the powerful and effective applications, giving you those special tips that make the difference. (40 min.) Code 828—Retail \$29.95

MODERN ARNIS Vol. 1, 2 & 3 by Remy Presas

A member of the Black Belt Hall of Fame, Remy Presas has spent his life studying each of the Philippine martial arts. He integrates various forms of these techniques to teach both "sticks" and unarmed methods of self-defense.

Volume 1 covers specific stick attacks, blocking attacks, evasive techniques, take-downs and other unarmed self-defense techniques. (Approx. 58 min.) Code 798—Retail \$29.95

Volume 2 teaches evasive footwork, fundamentals, de cadro, blocking, checking attacks, empty-hand fighting, throws and trapping. (Approx. 58 min.) Code 808—Retail \$29.95

Volume 3 covers disarming attackers, counterattacks, using weapons to disarm an assailant, proper knife techniques, and more. (Approx. 58 min.) Code 808—Retail \$29.95



HOW TO DEFEAT THE BULLY THE SMART WAY, VOLUMES 1 & 2 by Terrence Webster-Doyle

Dr. Terrence Webster-Doyle—karate black belt, psychologist, lecturer and author of 17 award-winning books on the subject of bullying—teaches how a child can use his head and talk his way out of trouble instead of using force. Martial arts skills are your last resort and should be used only to defend yourself if all else fails. Dr. Webster-Doyle offers many examples of common situations such as bullying in the school yard, confrontations over your possessions and many other everyday bullying occurrences, using actual young students to role-play each scenario and response. Sold separately.

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Volume 2: (60 min.) Code 738—Retail \$29.95

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Ab Blast—A man with a strong stomach is a strong man. Three workout routines. (45 min.) Code 4030—Retail \$29.95

Ultimate Aerobic Workout—A true total-body aerobic challenge that sets the standard for physical excellence. (30 min.) Code 4070—Retail \$29.95

POWER TRAINING by Sifu Leo Fong

In this video, Sifu Leo Fong demonstrates how power training can be a valuable tool for improving your skills in any martial art. Fong, who is more than 70 years old, is a pioneer in the American martial arts. This video includes instruction for many valuable weight training techniques designed to improve your strikes, blocks and body maneuvering. Rise through the ranks of your martial art with this exciting video!

(Approx. 52 min.) Code 7700—Retail \$29.95

B.O.S.T. Karate For Children

Filled with role-playing, excitement and fun, this video focuses on everyday barriers that children face while growing up. Provides answers to commonly asked questions concerning the martial arts, and self-defense training. Promotes a positive, healthy and overall happy attitude in children. (40 min.) Code 2030—Retail \$29.95

NIHON JUJUTSU by Norm Belsterling

Vol. 1—Joint Locks & Submission: Includes tsutabake (doworkouts), warm-ups and stretches, falling and defenses (joint locks, joint locks, take-downs and pins, throws, submissions and restraining, groundwork, internal aza and pressure points). (Approx. 40 min.) Code No. 7120—Retail \$29.95

Vol. 2—Throwing Techniques: Includes aiki waza, defenses, pressure points, escapes from holds and throws, throwing techniques, ground fighting and more. (Approx. 40 min.) Code No. 7120—Retail \$29.95

Vol. 3—Chokes: Includes more advanced techniques, including chokes, carotid-artery chokes, choking and throwing combinations, counterattacks and escapes, and sacrifice throws. (Approx. 40 min.) Code No. 7140—Retail \$29.95

Vol. 4—Ground Fighting: Includes surprise attacks, defense, pressure point attacks, dangerous carotid-artery and trachea attacks, vital targets to attack, ground fighting, using joint locks, nerve pressure and strikes, advanced standing throws and sweeps, and more. (Approx. 40 min.) Code No. 7130—Retail \$29.95

Vol. 5—Throwing Techniques: Includes highest-level jujitsu techniques—advanced "sacrifice throws" (escape is almost impossible), blocking locks and take-downs, counters to surprise attacks, weapons defense—as well as a review of the lower-level techniques. (Approx. 40 min.) Code No. 7160—Retail \$29.95



RAPE AWARENESS AND PREVENTION FOR WOMEN

This video provides precautionary and preventative self-defense measures backed with over 100 practical safety tips which can be used to avoid and escape assault, kidnapping and rape. (40 min.) Code 3040—Retail \$29.95

WINNING KICKING TECHNIQUES by Chris Casamassa

Chris Casamassa is a proficient black belt martial artist in North American Sport Karate. As well as teaching Karate, Casamassa works as an actor, stunt double and fight choreographer. Sold separately.

Volume 1 covers special jumping drills, gymnastics of martial arts, and stretching needed to master aerial kicks and combinations. (Approx. 30 min.) Code 7200—Retail \$29.95

Volume 2 features training methods to improve martial arts abilities, including more unique stretches and kicks. (Approx. 30 min.) Code 7400—Retail \$29.95

Volume 3 features additional training methods to further improve martial arts abilities, including more stretches and techniques to improve kicking techniques. (Approx. 30 min.) Code 7600—Retail \$29.95

YOGA AND THE MARTIAL ARTS by Dr. Dan Layne

Yoga and the martial arts are compatible in both practice and theory. This video is presented by Dr. Dan Layne, a martial artist who has over 30 years of experience in the Chinese and Philippine martial arts, as well as yoga. This video covers limbering exercises and stretches for the arms and back, and yoga techniques designed to improve your kicking techniques and overall skill in any martial art. (Approx. 56 min.) Code 7700—Retail \$29.95

THE LAW AND MARTIAL ARTS by Carl Brown

Carl Brown is a black belt judo and kung fu instructor, tournament competitor, lawyer and tree-trace writer.

Volume 1—Self-Defense Discussed: using "excessive force" in defending yourself; the requisite "apprehension" to evoke the self-defense privilege; the differences between "assault" and "battery"; duty to retreat and more. (Approx. 40 min.) Code No. 7200—Retail \$29.95

Volume 2—Self-Defense More about using "excessive force" in defending yourself; the requisite "apprehension" to evoke the self-defense privilege; the differences between "assault" and "battery"; duty to retreat and more. (Approx. 40 min.) Code No. 7220—Retail \$29.95

Volume 3—Sports Injuries, Instructor Negligence, Assumption of Risk and the Effect of Consent Discussed: "assumption of risk," "mutual combat," instructor negligence; student discipline and more. (Approx. 35 min.) Code No. 7240—Retail \$29.95

Volume 4—Martial Arts Weapons: What's the Law in Your State? Discussed is there a need for national uniform martial arts weapon legislation. (Approx. 35 min.) Code No. 7260—Retail \$29.95

Volume 5—Presumption of Deadly Ability Discussed: Martial artist's deadly ability to inflict injury; handcuffing and leg shackling of martial artists in the courtroom; "fighting stances" and more. (Approx. 40 min.) Code No. 7280—Retail \$29.95



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Robert Ferguson demonstrates a total-body workout which emphasizes the abdominals; endurance and cardiovascular training; arms for upper body toning and conditioning; and legs for training and flexibility of movement. A total-body workout combined with cardiovascular, aerobic, anaerobic, isometric, strength, balance and flexibility improvement—(30 min.) Code 1096—Retail \$29.95

DISCOVER THE CHINESE ART OF STRETCHING by Richard Brandon

This martial arts instructional training video is designed to meet the overwhelming national demand for a successful guide to gaining maximum flexibility and total body conditioning that can be ultimately incorporated into every athletic training program. (50 min.) Code 5330—Retail \$29.95



TRAINING SECRETS OF CHAMPIONS by Jon Valera, Larry Lam and Richard Brandon

Representing the arts of Jeetkundo, wushu, kung fu and karate, Larry Lam, Richard Brandon and Jon Valera present their individual winning workouts. Included in this video are Brandon's special stretching and leg-work exercises, Valera's outstanding kicking routines and Lam's fighting-fast kicking drills, plus much more. (Approx. 56 min.) Code 7740—Retail \$29.95

FREESTYLE ROPING: The Ultimate Jump-Rope Workout featuring Louis Garcia and Rita Bland (The Rebel Ropers)

High-intensity rope jumping with modern dance. Moving, grooving and hip-hopping to burn calories, reduce body fat, build cardiovascular strength, and increase your endurance and responsiveness. Louis Garcia and Rita Bland, the world's best jump-ropers, have appeared in major corporate commercials and NBA halftime shows. They'll teach you body positions and basic jumps, continuous sequences and moving with the rope, plus advanced speed and power jumps. Whether it's a five-minute warm-up or a high-intensity workout, freestyle roping is for you. (40 min.) Code No. 5340—Retail \$29.95

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SEMINARS

OCTOBER 2002

YORK, MAINE - Senkotos Camp will be held
October 4 - 6, 2002. Train with Professor Max
Pallen, Grandmaster and founder of the Senkotos,
the deadly style of Arnis. Professor Pallen will cover
full contact stickfighting. Join us to train with a living
legend. For more information please contact Guro
James Taylor at (207) 318-4266 or (207) 439-1176.
Contact us by e-mail at James@jamesmtaylor.com.

AUSTIN, TX - Jeff Delaney, Successor to
Grandmaster Remy Pressas, will teach a seminar
here on Modern Arnis October 5, 2002. Tapi-Tapi
and Dumog Entries will be covered. For information
contact Jeff at P. O. Box 126, Dripping Springs,
Texas 78820, Ph: 512-431-4439, E-mail:
jeffdelaney@professorpressas.com or visit our web
site at www.professorpressas.com.

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DETROIT, MI - Jeff Delaney, Successor to
Professor Remy Pressas, will teach a three day
instructor training seminar on Modern Arnis here
October 11, 12 & 13, 2002. Instructor certification
available. Join us for this intensive training event
covering the trapping, bailing and Tapi-Tapi skills
of Modern Arnis. For more information contact
Deno Cain at Mushin Martial Arts: 35737 Harper,
Clinton Township, MI 48035 e-mail:
Senseicain@aol.com Ph: 610-791-7787 or visit
www.professorpressas.com

KNOXVILLE, TN - Jeff Delaney, Successor to
Grandmaster Remy Pressas, will teach a seminar
here on Modern Arnis October 12, 2002. Tapi-Tapi
and Dumog Entries will be covered. For information
contact Master Willie Wilson at 8631 Rutledge Pike,
Knoxville, TN 37924, Ph: 865-933-7076, E-mail:
glswilson@aol.com or visit our web site at
www.professorpressas.com.

BURBANK, CA - Camp Budoshin 2002 - Saturday,
October 12, 2002: Annual one-day martial art expo
featuring a wide variety of one-hour instructional
seminars. This year's featured instructors include:
Dr. Ed Bieleff - Master Tai Chi, Kung Fu San Soo,
Renshi Michael Langewisch - 5th dan Sakana-Dan
Ryu Karate, Prof. Tony Raven - 8th dan Kodokan
Judo, Kodokan Chief Examiner, Sensei Darren
Levine - 6th dan Krav Maga, Prof. Cliff Stewart -
10th dan WAR (Within Arms Reach), Prof. Keith

Straighter - 7th dan Kajikenbo and many others.
Location: Verdugo Recreation Center, 3201 W.
Verdugo, Av., Burbank, CA. Go to
www.budoshin.com for more info.

RALEIGH, NC - Grandmaster Bobby Toboada,
Balintawak Eskrima Seminar. October 26, 2002 -
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Eskrima and the Philippine Martial Arts and Culture.
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SEASIDE, CA - Grandmaster John Pellegrini will
conduct a Combat Hapkido seminar on Saturday
and Sunday, October 26 - 27, 2002 at Self Defense
America, Seaside, CA. The founder of Combat
Hapkido will cover joint-locking, control techniques,
pressure point techniques and weapon disarms.
This is an opportunity to learn effective personal
protection techniques. Open to all martial arts and
styles. For more information contact Master Bob
Ingersoll at (831) 394-4133 or e-mail:
Master@selfdefenseusa.com.

CHARLOTTE, NC - Master Chai Sirisuta, President
of the Thai Boxing Association of USA will conduct
a Thai Boxing seminar October 26-27, 2002 in
Charlotte, NC. Curriculum will include all aspects
of Thai Boxing training and is open to all levels.
Beginners welcome. For more information please
contact: Dick Harrell, 831 Clearbrook Rd, Matthews,
NC 28105 or call 704-819-2024. email:
MueyThainc@aol.com

PRINCETON, NJ - Black Belt Hall of Fame member
Dan Inosanto will conduct a two-day seminar at the
Princeton Academy of Martial Arts, Princeton, New
Jersey on October 26-27, 2002. We will cover Jeet
Kune Do, Filipino martial arts, plus Indonesian and
Malaysian Silat. For information call or write:
Princeton Academy of Martial Arts, 14 Farber Rd.,
Princeton, NJ 08540, 609-452-2208, E-mail
Info@pamausa.com, or view the website at
www.pamausa.com

NOVEMBER 2002

LEXINGTON, KY - CANE MASTERS and the
National and World Senior WEAPONS Title holder
Mark Shuey Sr. will be giving a seminar November
8-9 2002 in conjunction with GM John Pellegrini.
Material covered will be the use of the cane as a
self-defense tool as well as for an exercise regimen.
This program is designed for beginner through
advanced participants. For more information,
please call William Schneider (606) 843-6126 or
Cane Masters (800) 422-2263.

PHILADELPHIA, PA - Jeff Delaney, Successor to
Professor Pressas, will teach a seminar on Modern
Arnis tapi-tapi, entering, takedown and submission
skills here on November 8, 2002. For information
contact Dawud Muhammad, 4517 Wayne Ave,
Philadelphia, PA 19144, E-mail:
senseimuhhammad@aol.com Ph: 215-849-2325 or
visit www.professorpressas.com

PHILADELPHIA, PA - Bekbakan KALI
ILUSTRISMO Seminar featuring Master Rey
Galang - November 16, 2002 at 1:00 pm - 5:00
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Philadelphia PA 19123. Contact: Jim Winterbottom
tel: (215) 752-2125 email: JWINTER54@aol.com
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NOVEMBER 2002 Cont.

VANCOUVER, BC, CANADA - A one day intensive Balintawak seminar featuring Grand Master Bobby Taboada will be held on **November 16, 2002**. For over 30 years, Master Taboada has been a leader in the martial arts in his native Philippines. To be held at Sirota's Alchymy, 160-5640 Hollybridge Way, Richmond, BC. Cost is \$50 US or \$75 CAN. For more information, contact Bill Thurston of Darkstar Martial Arts at 604-913-2016, email: darkstarsystems@telus.net, or Michael Sirota at 604-244-8842, email: sirota@sirotasalchymy.com.

JOLIET, IL - Dave Converse will conduct a seminar on the self-defense applications of the Remy Presas Style of Modern Arnis on **November 17, 2002**. Weapon disarming techniques will be covered using both empty hand and weapon. For information contact Martial Arts America, 112 N. Division Street, Plainfield, IL 60544, or call 815-436-1199, or fax 815-436-8080.

INDIANAPOLIS, IN - *Shen Chuan Seminar* **November 23, 2002** - Train with Professor Joe Lansdale from Nacogdoches, Texas, Founder of the Chen Chuan System. Professor Lansdale will teach his *balance disruption* concepts plus many other incredible grappling & striking techniques. Contact: Will Higginbotham, 8616 Manderley Dr., Indianapolis, IN 46240, or call 317-582-1617 or e-mail at whiggin@quest.net. To register online go to: <http://www.iquest.net/whiggin> and click on Midwest seminars.

LONDON, ENGLAND - Jeff Delaney, Successor to Professor Remy Presas, **November 23, 2002** London, England - Jeff Delaney will teach a seminar on Modern Arnis on **November 23, 2002**. For information contact Victor Klorakis at victor.klorakis@bt.com or 07759 62 62 37 or visit www.zendoryou.co.uk

DECEMBER 2002

PISCATAWAY, NJ - 10th Annual Super Seminar! George Dillman/Leon Jay - **December 7, 2002**. Contact Mark Kline: 732 572-0023 or www.markklinekarate.com

TUCSON, AZ - Jeff Delaney, Successor to Grandmaster Remy Presas, will teach a seminar on Modern Arnis on **December 7, 2002**. Tapi-Tapi, Dumog and advanced counters will be covered. For information contact Edgar Cordova, 3190 Circulo Alegre, Tucson, AZ 85746. Phone: 520-331-8103. e-mail: edgarcordova@yahoo.com or visit www.professorpresas.com



DAYTON, OH - GURU DAN INOSANTO will be conducting a seminar **December 7 & 8, 2002** covering JKD, Kali, Silat, Shoot Wrestling and more at The Brown Institute of Martial Arts. Guru Dan makes only a few Midwest stops, so don't miss this rare opportunity to train with one of the world's foremost authorities on martial principles. Guru Dan will teach incredible martial techniques, including how to develop the attributes to use them. For registration info please contact Bill Brown at (937) 433-5500 or check out our website at www.brownsinstitute.com

PORTAGE, IN (Chicago area) - George Dillman seminar - **December 14, 2002** - Contact Bill Homann: 219 759-5955 or homannkarate@aol.com

PEORIA, IL - George Dillman seminar **December 15, 2002**. Contact Mickey Wittekind: 309 745-8254 or mw500@webt.net

FEBRUARY 2003

SAN ANTONIO, TX - Jeff Delaney, Successor to Grandmaster Remy Presas, will teach a three day instructor training camp here on **Modern Arnis February 7, 8 and 9, 2003**. Tapi-Tapi and Dumog Entries will be covered. Instructor certification available. For information contact I. M. A. F., Inc., P.O. Box 126, Dripping Springs, Texas 78620. Ph: 512-431-4439. E-mail: jeffdelaney@professorpresas.com or visit our web site at www.professorpresas.com

TOURNAMENTS

SEPTEMBER 2002

JAFFA MOSQUE, ALTOONA, PENNSYLVANIA - Brian Gates 10th Keystone National All Martial Arts Championships - Seminar and Tournaments. Seminars with Dan Severn and Joe Lewis on **Saturday, Sept 28, 2002** Tournament will be held **Sunday, Sept 30, 2002** the competition will include: Forms, Fighting, Weapons, Chanbara, Breaking, Olympic Sparring, Self Defense, Team Fighting, Team Forms, Brazilian Jiu-Jitsu, Continuous Contact in Pro Kick Boxing Ring. **OVER 150 DIVISIONS:** 9 Black Belt Grand Champions. Special guests: Dan Severn, Joe Lewis and Bob Wall. For more information contact Master Brian L. Gates, 715 5th Ave. Patton, PA 16668. ChampionKicks@aol.com or call 814-674-9495 or 814-674-5007 or visit our website at www.Brian-gates.com

NOVEMBER 2002

Norwalk, CA - Tom Ramirez's Samoan Classics 10th Annual Karate Tournament **Sunday November 10, 2002**. Marriott Hotel & Resort, 13111 Sycamore Drive 90650. Cash Prizes for Grand Champion Divisions open to all styles and schools, come compete with the best. Visit our vendors booths specializing in Samoan and Hawaiian arts and crafts. For Tournament info call (626) 442-9343 or (323) 585-8138. For Hotel info call (562) 863-5555. Email us at atsamoanclassics@pacbell.net. Ramirez's Karate Studio - Limalama, the ultimate in Self-Defense. 10755 Lower Azusa Road El Monte, Ca 91731

SCHOOLS

Grandmaster Wang Shu Chin
**Tai Chi, Hsing I,
 Ba Gua, Chi Kung**
www.cheng-ming-usa.org
 Eric Hung / 972-740-8458



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BUSINESS OPPORTUNITIES

Jujitsu School in Southern California for **SALE**, adults and children, 10 years in business, over 200 students, 11 instructors, offering jujitsu, judo, muay tai, wrestling, yoga, kickboxing and tai chi. Owner has cleared \$90,000 in profits yearly for many years. Contact Scott Probst (BKR) at 310-539-8300.

Buy a new DOJO for one dollar!

A great business opportunity for qualified instructor. Martial arts enthusiast/real estate developer offers new turn-key Taekwondo facility in attractive, new building in rural area of Central California. 2,400 sq. ft. facility fully equipped and ready-to-go with 1,200 sq. ft. Swain mat training area, mirrored walls, instructor's lounge, pro shop. No investment required. If interested in a martial arts monopoly in a population of 25,000 fax resume to

\$1 (831) 386-0396 \$1

CAMPS

OCTOBER 2002

DEER LAKE, PA - M.A.T.C. October 4-6, 2002 - Three Day Martial Arts Camp contact: George Dillman 617-777-8444 www.dillman.com

JACKSONVILLE, FL - October 12, 2002 George Dillman, Leon Jay Seminar - (Martial Arts mania XI) Contact: John Hogan 904-757-1490 hogan@attbi.com

INDIANAPOLIS, IN - *Small Circle Jujitsu Midwest Fall Camp* **October 18 - 19, 2002** - Learn from Professors Wally Jay, Leon Jay & other Small Circle lack Belts. Learn requirements for the system from Master Ed Melaugh and test for ranks in Professor Wally Jay's Small Circle Jujitsu. For further information contact: Will Higginbotham, 8616 Manderley Drive, Indianapolis, Indiana 46240, or call 317-582-1617, or email at whiggin@quest.net. To register online go to: <http://www.iquest.net/~whiggin> and click on Midwest Seminars. Lee's website for the next seminar information.

NOVEMBER 2002

ANDOVER, MA (Boston area) - 2nd annual New England Ryukyuu Kempo Camp **November 1-3, 2002**. Contact Evan Pantazi: 978 686-0025 or www.kyusho.com

Now on The Internet

www.blackbeltmag.com

AWARDS TO DATE

MAN OF THE YEAR:

Frank Fullerton (1968)
Sam Allred (1969)
Eckel K. Nowell (1970)
S. Henry Cho (1971)
Don Ivan (1972)
Ernest Lab (1973)
Rocco Lee (1974)
Fumio Demura (1975)
Ed Parker (1976)
Chuck Norris (1977)
Bill Wallace (1978)
Hidy Ohkubo (1980)
Roy Kurlan (1981)
Teruyoshi Uezaki (1982)
Jhoon Rhee (1983)
In Han Sun (1984)
George Anderson (1985)
Richard Kim (1986)
Tayomko Obasogie (1987)
Chen Lai (1988)
Hwang Lee (1989)
Wally Jay (1990)
Joe Loo (1991)
Curtis Silva (1992)
Brandon Lee (1993)
William Rodriguez (1994)
Choi Sik Kim (1995)
Don Inamoto (1996)
Hideo Grace (1997)
Joe Corley (1998)
Dominick Giacobbe (2000)
Jeremy Glick (2002)

COMPETITOR OF THE YEAR:

Chuck Norris (1968)
Thomas La Poppe (1969)
Ronald Maccheri (1970)
Robert Yamamoto (1971)
Don Ivan (1972)
Ernest Lab (1973)
Rocco Lee (1974)
Fumio Demura (1975)
Ed Parker (1976)
Chuck Norris (1977)
Bill Wallace (1978)
Hidy Ohkubo (1980)
Roy Kurlan (1981)
Teruyoshi Uezaki (1982)
Jhoon Rhee (1983)
In Han Sun (1984)
George Anderson (1985)
Richard Kim (1986)
Tayomko Obasogie (1987)
Chen Lai (1988)
Hwang Lee (1989)
Wally Jay (1990)
Joe Loo (1991)
Curtis Silva (1992)
Brandon Lee (1993)
William Rodriguez (1994)
Choi Sik Kim (1995)
Don Inamoto (1996)
Hideo Grace (1997)
Joe Corley (1998)
Dominick Giacobbe (2000)
Jeremy Glick (2002)

INSTRUCTOR OF THE YEAR:

Toruomo Onuma (1968)
Fumio Demura (1969)
No Whang Kim (1970)
A.K. Wang (1971)
Robert Yamamoto (1972)
George Yamaguchi (1973)
Richard Kim (1974)
Gary Alexander (1975)
Beckman Kong (1976)
Chuck Norris (1977)
J. L. Will (1978)
Randy Uezaki (1979)
Glenn Kenney (1980)
Kenneth Takahashi (1981)
Alan Lee (1982)
Richard Chan (1983)
Hidy Ohkubo (1984)
Ed Parker (1985)
Lily Siao (1986)
Chuck Merriman (1987)
Enri Reyes Jr. (1988)
Randy Pressa (1989)
Don Inamoto (1990)
Steven Sanders (1991)
Stephen K. Hayes (1992)
Joe Lewis (1993)
Masaki Hattori (1994)
Ray Galle (1995)
Tayoshi Ishigami (1996)
Michael Bernando (1997)
Osaka Tang (1998)
Chip Wright (1999)
Houng Pat (2000)
Edna Lina (2001)
Miki Kotaka (2002)
Juan Moreno (1992)
Yuri Perez (1993)
Chad Rowan (1994)
Rayce Grace (1995)
Clayton Barber (1996)
Lucia Rikar (1997)
Mike Chelvanabazh (1998)
Jon Valera (1999)
Ming Lu (2000)
Mike Pombo (2001)
Barbara Chien (2002)
Steven Lopez (2003)
John Fonseca (2004)

JUDO

INSTRUCTOR:

Kira Nagano (1968)
Masumi Tanaka (1969)
George Wilson (1970)
George Harris (1971)
Taro Sone (1972)
Sachio Ashida (1973)
Pat Burns (1974)
Willis Cahill (1975)
Shag Okada (1976)
Hayward Nishio (1977)
Jimmy Pedro (1978)
Charles Chever (1979)
Ed Mailey (1980)
Jack Williams (1981)
Yoshitaka Yoneda (1982)
Paul Meryama (1983)
Gene Leibel (1984)
Kevin Asano (1985)
Lynn Rook (1986)
Gokor Chivchyan (1987)

JUDO

COMPETITOR:

Hayward Nishio (1968)
Bever Campbell (1969)
Allen Coage (1970)
Paul Meryama (1971)
Doug Graham (1972)
Jim Braggman (1973)
Karl Gals (1974)
Tommy Martin (1975)
Pat Burns (1976)
Allen Coage (1977)
Irwin Cohen (1978)
Brett Barron (1979)
Steve Sak (1980)
Mike Swain (1981)
White Lewis (1982)
Robert Bertant (1983)
Edna Leibel (1984)
Kevin Asano (1985)
Lynn Rook (1986)
Gokor Chivchyan (1987)
Jimmy Pedro (1996)

KUNG FU ARTIST OF THE YEAR:

Anthony Chan (1968)
Roger Tung (1969)
William Chung (1970)
Brendan Lai (1971)
Adam Hsu (1972)
Eric Lee (1973)
Aki Yung Wong (1974)
Chen Pui (1975)
Paulie Zink (1976)
Seng Jeong Au (1977)
Doo-Fai Wong (1978)
Richard Bruden (1979)
Anthony Goh (1980)
Tat Mai Wong (1981)
Ben Sim Mark (1982)
Jackie Chan (1983)
Seng Chikong (1984)
Dennis Brown (1985)
William Johnson (2000)
Jet Li (2002)

OTHERS:

Shay Mikami-Kondo (1968)
Koichi Toba (1969)
Wally Jay-Juyitsu (1969)
Yekko Yamamoto-Judo (1968)
Shenichi Suzuki-Judo (1969)
Maki Miyahara-Akido (1971)
Yahimura Yamada-Akido (1971)
Bruce Lee-Jet Kune Do (1972)
Marshall Ho-Jet Kune Do (1973)
Don Inamoto-Jet Kune Do (1977)
Bong Soa Han-Nagido (1978)
Toshio Chabuchi-Publisher Award (1979)
Robert Tries-Black Belt Editor's Award (1979)
Jhoon Rhee-Karate Illustrated Editor's Award (1979)
Chuck Norris-Fighting Stars Editor's Award (1979)
Demetrius Therasia-Special Award (1983)
Bray-Yee Therasia-Full-Contact Fighter of the Year (1983)
Don Wilson-Full-Contact Fighter of the Year (1984)
Brad Hefton-Full-Contact Fighter of the Year (1985)
Jerry Rhone-Full-Contact Fighter of the Year (1986)
Ronald McMillan-Honorary Award (1988)
Lisa Shea-Woman of the Year (1987)
Tadashi Yamashita-Weapons Expert of the Year (1987)
Masatoshi Nakayama-Honorary Award (1987)
Dana Hee-Woman of the Year (1988)
Arane Lima-Woman of the Year (1988)
Lynnette Love-Woman of the Year (1988)
Don Inamoto-Weapons Instructor of the Year (1988)
William Chow-Honorary Award (1988)
Graciela Castillo-Woman of the Year (1989)
Robert Tries-Honorary Award (1989)
Karyn Turner-Woman of the Year (1990)
Takayuki Kubota-Weapons Instructor of the Year (1990)
Ed Parker-Honorary Award (1990)
Kathy Long-Woman of the Year (1991)
Angel Cabales-Weapons Instructor of the Year (1991)
Donnie Lenny-Woman of the Year (1992)
Lynnette Love-Woman of the Year (1992)
Diana Murray-Woman of the Year (1992)
Terry Henderson-Woman of the Year (1992)
Rory Valabrie-Weapons Instructor of the Year (1992)
Shogo Kimba-Honorary Award (1992)
Kathy Long-Full-Contact Fighter of the Year (1992)
Lisa Lee Caldwell-Woman of the Year (1993)
Ki Whang Kim-Honorary Award (1993)
Remy Pressa-Weapons Expert of the Year (1994)
Masatoshi Oguma-Honorary Award (1994)
Shannon Lee-Woman of the Year (1995)
Cheryl Wheeler-Woman of the Year (1996)
Karin Shepherd-Woman of the Year (1997)
Toshio Mifune-Honorary Award (1997)
Randy Covatta-Full-Contact Fighter of the Year (1997)
Pan Qing-Nagido Instructor of the Year (1997)
Bridget Rife-Woman of the Year (1998)
Gichin Funakoshi-Black Belt Award (1998)
Jigoro Kano-Black Belt Award (1999)
Frank Shamrock-Full-Contact Fighter of the Year (1999)
Crisco Calfee-Weapons Instructor of the Year (2000)
Edith Kim-Woman of the Year (2000)
Don Rodriguez-Coach of the Year (2002)
W. Hock Hochstetler-Weapons Instructor of the Year (2002)
The Gracie-Nagido Co-Competitor of the Year (2002)
Chuck Liddel-Nagido Co-Competitor of the Year (2002)
Maurice Smith-Full-Contact Fighter of the Year (2002)
Andy Hop-Honorary Award (2002)

Each year, *Black Belt* offers readers the opportunity to nominate candidates for the Hall of Fame by making their selections using this ballot. Readers nominate individuals who deserve recognition for their outstanding contributions to the growth and prestige of the martial arts. Readers may make selections in as many categories as they wish, but it takes only one vote in any single category to nominate a candidate for a particular award. Readers should nominate only those individuals who have recognition beyond their immediate schools.

Nominations for the eight 2002 Hall of Fame categories will be tabulated after the October 31, 2002 deadline for submissions. Those individuals with a significant number of nominations in a given category—plus certain individuals who may have been largely overlooked in the readers' balloting but who, in the opinion of the *Black Belt* editorial staff, deserve to be in the running for Hall of Fame membership—will have their names submitted to a special panel. The panel, composed of *Black Belt* staff members and previous Hall of Fame inductees, will make the final selections for 2002. The results will be featured in the January 2003 *Black Belt* Special Issue.

I nominate the following person(s) for induction into the 2002 Black Belt Hall of Fame:

Man of the Year

Woman of the Year

Instructor of the Year

Competitor of the Year

Kung Fu Artist of the Year

Full-Contact Fighter of the Year

NHB Competitor of the Year

Weapons Instructor of the Year



Your Name

Occupation

City

State

Zip

Your Art

Years of Training

All ballots must be postmarked no later than October 31, 2002 to be eligible for consideration.

IMPORTANT NOTE: Only original nomination forms will be accepted for tabulation.

No ballots that have been duplicated or reproduced in any way will be considered.

A special note to Hall of Fame members: Please send your current address and telephone number to Black Belt Communications, 24900 Anza Drive, Unit E, Valencia, CA 91355 so that we can update our records.

The Dojo Directory is an advertising service generally made available to bulk subscribers of our magazine. Martial arts schools interested in appearing may apply in writing to Dojo Directory, Black Belt Communications, Inc., 24715 Avenue Rockefeller, Santa Clarita, CA 91355.

A listing in the Dojo Directory does not constitute an endorsement by Black Belt Communications, however. Although we do attempt to make sure that listed schools offer legitimate instruction, we cannot screen applicants thoroughly and therefore cannot substantiate the reliability of all the instruction at the schools listed here.

—ALABAMA—

Cooley's Martial Arts Studio, 3055 Highway 43, Thomasville, AL 35794, Arnold Cooley, Ph: 334-880-1255
The Liu Institute, 446 Hillcrest Rd., Mobile, AL 36608, Shanta Godwin, Ph: 251-343-0023, Fax: 251-343-0023
Sparks Aikido Karate, 501 Blount Ave., Guntersville, AL 35976, Ben Sparks, Ph: 256-931-2165

—ARIZONA—

Absolute Martial Arts, 415 W. Southern Ave., Tempe, AZ 85282, Margie Proctor, Ph: 480-957-8446, Fax: 480-960-1496
SBS Karate, 1845 E. Broadway Rd., Ste. 124, Tempe, AZ 85282, Ray Fisher, Ph: 480-968-2068, Fax: 480-968-1034
Arizona Shoshun Karate Academy, 323 N. Gilbert Rd., Mesa, AZ 85203, Jerry Shaw, Ph: 480-649-8225, Fax: 480-649-8225
Self Defense Academy, 6501 E. McDowell Rd., Phoenix, AZ 85006, Rick Fry, Ph: 602-770-1998
Chanbara/Rising Sun Karate, 10855 Frank Lloyd Wright, Scottsdale, AZ 85256, Tim Van Denover, Ph: 480-860-1255
Richard Ray's Institute of Dynamic Combat, P.O. Box 31637, Phoenix, AZ 85046-1637, Scott Shepherd, Operations Mgr., Ph: 602-486-2525, www.dynamiccombat.com
The Ultimate Martial Arts, 4231 W. Ina Rd., Ste. 101, Tucson, AZ 85714, Charles Allen, Ph: 520-744-4551, Fax: 520-752-1053

CALIFORNIA

Advanced Academy of Martial Arts, 15416 Chatsworth St., San Fernando, CA 91344, Rick Adrian, Ph: 818-993-2229
Agope Martial Arts, 325 Smith St., Dinuba, CA 93618, Frank Guerrero, Ph: 559-297-1415
Aikido Fit Aikido & Fitness, 426 W. 2nd Ave., Escondido, CA 92025, Chik Oker, Ph: 760-944-8494
All American Karate School, 514 S. Corona Mall, Corona, CA 92789-1420, John Lipari, Ph: 951-709-0635
American Academy, 1434 Clovis Ave., Clovis, CA 93612, Tom Levesque, Ph: 559-297-1415
American Martial Arts School, 139 E. Tulare, Tulare, CA 93274, Alvin Caselmann, Ph: 559-688-3644
Armstrong L.K.D., 1180 North St., San Bernardino, CA 92410, Ph: (909) 884-8733

Akiba's Taranza Karate, 19501 Ventura Blvd., Taranza, CA Ph: (818) 705-4425, Website: www.taranza.karate.com
Atascadero Ken Yui Karate, 6313 Omega Ave., Atascadero, CA 93423, (805) 466-0628
A Valley Martial Arts, 5691 Lakeshore Blvd., North Hollywood, CA 91601, Ph: 818-769-0436, Fax: 818-769-3857
Aza's Martial Arts Family Center, 195-B Humboldt Ave., Chico, CA 95924, Farhad Azad, Ph: 530-892-9923, www.azadsmartialarts.com

Dojo Brothers Martial Arts, 703 Pier Avenue, #666, Hermosa Beach, CA 90254, Marc "Red" Hartley Duff, Ph: 310-374-7521, E-Mail: redhuffed@dojobrothers.com, www.dojobrothers.com
Dojo Brother Martial Arts, 114 E. Florida, Hemet, CA 92345, Letter "Surf" Doug Griffin, Ph: 509-766-0702, E-Mail: www.w00t07@aol.com, www.w00t07@aol.com
Dojo Brothers Martial Arts, 617 Simpson Ave., North Hollywood, CA 91606, Nick "Pappy" Papadakis, Ph: 818-762-9538, E-Mail: nick_bloodsport@hotmail.com
Dojo Brothers Martial Arts, 1085 Hacienda Dr., Suite 11/Vista, CA 92083, James Stacy, Ph: 760-758-8500, http://www.jimstacykarate.com, www.jimstacykarate.com
Fariborz Azzahk Teh Karate Centers, 21038-A Victory Blvd., Woodland Hills, CA 91367, Ph: (818) 704-0000, www.fariborz.com
Fuji Rang Karate Sensei Masters, 8900 Firestone Blvd., Downey, CA 90241, Dr. Joe Bang Lee, Ph: 562-601-0011

Kuk Sool Won of Woodland Hills, Woodland Hills, CA 91367, Gene H. Gause, Ph: 818-271-1444, Fax: 818-271-0954
Kuk Sool Won of Palmdale, Palmdale, CA 93550, Gene H. Gause, Ph: 661-274-0963, Fax: 661-274-0964
The Kahoku International Karate Association, 3301 N. Verdugo Rd., Glendale, CA 91206, Ph: (818) 544-1240
Alan Lamb's Wing Chun, 1147 E. Broadway #275, Glendale, CA 91205, Ph: (818) 941-4430
Lion's Tempo Karate, 220 Broadway, Sacramento, CA 95800, Darryl Lion, Ph: 916-456-0575, Fax: 916-739-0575
Makoto Dojo, 3025 Telegraph Rd., Ventura, CA 93003, Larry Benson, Ph: 805-644-4174, Fax: 805-644-4174
Masazone Judo & Jujitsu Dojo, 16720 Odyssey St., Van Nuys, CA 91411, Ph: 760-785-2107

Fuji Rang Karate Martial Arts Center, 132 Eddy St., San Francisco, CA 94102, Steve Rapoport, Ph: (415) 409-5425
Kuk Sool, Haploki, Tackwood, Thai Boxing, P.O. Box 16166,

Beverly Hills, CA 90209, Ph: (310) 859-1331, Fax: 310-777-0030
Moore's Martial Arts & Karate, 400 N. Johnson, Visalia, CA 93291, Bill Thondre, Ph: 559-274-7022, Fax: 559-274-7022
YMAA Karate Studios, 971 The Alameda, San Jose, CA 95126, Sal Banuelos, Ph: 408-293-7280
Nippon Sport Center, 1215 S. Santa Fe Ave., Vista, CA 92083, Hector Torres, Ph: 760-530-1711
Patterson Lee Kwon Do, 140 W. Shaw Ave., Suite 101, Clovis, CA 93612, Master Lee, Ph: 559-324-8986, Fax: 559-324-9683
Sacramento Wing Chun Kung Fu Assn., 7039 Southland Park Drive, Sacramento, CA 95831, Ph: (916) 424-4740
Self Defense Academy, 566 Broadway, Seaside, CA 93955, Bob Longenecker, Ph: 408-294-9141, www.selfdefenseacademy.com
Twins Dragon Karate Academy, 756 El Camino Real, San Carlos, CA 94070, Sifu John Oliva, Ph: 650-591-1127, twindragonacademy.com
University of Self Defense, West Coast Headquarters, 26836 Vista Terrace, El Tono, CA 95030, Charles Matters, Ph: 949-588-7293
White Tiger Karate, 10001 Main St., Sanzanville, CA 96130, Charles Ward, Ph: 530-941-1111
Wing Chun, Jeet Kune Do, Shaolin Kung Fu Academy, Yip Man Martial Arts Association, 2500 W. Magnolia Blvd., Burbank, CA 91505, 860 Todd Shawm Ter, Ph: 818-445-9279
Wing Tsun Kung Fu, 15880 Fern Way, Guerneville, CA 95446, Steven Black, Ph: 707-789-8959
Wing Lam Kung Fu School, 1155 Redwood Ave., Suite 5, Sunnyvale, CA 94086, Lynn Lam, Ph: 408-244-2831
Young Brothers Lee Kwon Do, 15843 Imperial Hwy., The Mira, CA 90268, Master Kong, Ph: 562-959-2545, Fax: 562-959-1553

—COLORADO—

AKA Karate USA, 1035 S. Pueblo Blvd., Pueblo, CO 81005, Santiago Barba, Ph: 719-561-9514, Fax: 719-561-9514
Karate West Inc., 3725 S. Mason St., Fort Collins, CO 90525, Lonnie Vee, Ph: 970-223-5566
Tiger K'n Karate, 2200 E. Colfax Ave., Denver, CO 80206, Ph: (303) 283-1408

—CONNECTICUT—

Hidden Dragon Karate, 458 Talbotville Rd., Vernon Rockville, CT 06066, Rod Fuller, Ph: 860-770-7027, Fax: 860-646-7105
White Lotus Kudo-Kai, 2340 Broadview Ave., Stratford, CT 06614, Mario Taiman, Ph: 203-378-1145

—DELAWARE—

Masters Ki, 130 Peoples Place, Newark, DE 19702, Marlene Shear, Ph: (302) 836-1557
U.S. Defense Academy of Martial Arts, 508 Jefferson Blvd., Dover, DE 19901, Larry Hilderbrand, Ph: 302-370-3816

—FLORIDA—

Andy Horne's Martial Arts Academy, 5726 Johnson St., Hollywood, FL 33021, Andy Horne, Ph: 954-954-0034, Fax: 954-680-2627
Black Dragon International, 270 Elm St., Oviedo, FL 32765, Master Lee, Ph: 407-859-8399
Chinese Martial Internal Arts, 14736 SW 36th St., Miami, FL 33185, Shi Sheng-Gang, Ph: 305-218-2323
Dragon's Wing Karate, 405 N. W. 10th St., Ft. Lauderdale, FL 33444, Robert Wiest, Ph: 888-353-9414, Fax: 800-248-0999
Dragon's Wing Martial Arts, 710 Funderia Rd., Ft. Myers, FL 33909, Gene Lee, Ph: 941-955-6263
Family Martial Art Center, 2771 W. Old Highway #41, Mt. Dora, FL 32757, Gary Wayne, Ph: 352-383-0488
Florida Street Defense Systems, 1421 Viscaya Pkwy., Cape Coral, FL 33909, Ph: (941) 772-0523, www.streetdefense.com
Yomman's Taekwon-Do, 202 E. Park St., Auburndale, FL 33623, Ph: 888-551-1952, Fax: 888-551-1952

—GEORGIA—

Professional Karate, 21555 Peachtree, 255 Chimney Rd., Rincón, GA 31326, Cliff Yawn, Ph: 770-821-5008
Umas Karate School, 1820 Highway 20 S.E., Conyers, GA 30013, Jim Fuller, Ph: 770-860-1554, Fax: 770-787-6707

—HAWAII—

Keicha-Do Family Martial Arts Center-Christians Values, 125 Kula St., Honolulu, HI 96817, Victor Marx, Ph: (808) 847-0595, www.cajunkarate.com
Smith Taekwon Do Academy, 45-102 Kamehameha Hwy., Kaneohe, HI 96744, Bob Smith, Ph: 808-247-3114, Fax: 808-235-0058

—IOWA—

Duhonque Karate Academy, 802 Century Dr., Duhonque, IA 52002, David Schmitt, Ph: 319-833-8256
Kwan Do Martial Arts, 1414 3rd Ave., Council Bluffs, IA 51503, Leon Dietz, Ph: 712-332-5816

—IDAHO—

Academy of Martial Arts, 2900 A Garrity Blvd., Nampa, ID 83667, Bob Sanchez, Ph: 208-466-5269

—ILLINOIS—

A Academy of Self Defense, 3753 S. 95th St., Evergreen Park, IL 60805-1309, Ray Pohl, Ph: 708-499-1500
Garner's Martial Arts, 1000 E. of Madison, 1000 E. of Danie Hwy., Homewood, IL 60430, Rick Ricks, Ph: 708-799-4929
Jung Do Black Belt Academy, 409 E. Main St., Streator, IL 61784, Rick Kondo, Ph: 815-272-9454
Gangi Martial Arts & Fitness, 421 W. Liberty Street, Waukegan, IL 60084, Joe Gring, Ph: 847-526-0686
Keller's Karate, 111718 W. 95th St., Chicago, IL 60618, Ray Kirk, Ph: 773-272-1100, Fax: 773-279-1100
Mungwa Lee Kwon Do, 5900 W. 26th St., Cicero, IL 60804, Ricardo Garcia, Ph: 708-652-7699
Mike Neri's Academy of Martial Arts, 50 N. Grand Ave., Batavia, IL 60510-9229, Joanna Able, Ph: 630-879-9336

—INDIANA—

ACS Martial Arts Center, 140 N. Rosemeier, Evansville, IN 47702, Shann White, Ph: 812-422-1111
Garner's Martial Arts, 1000 E. of Madison, 1000 E. of Danie Hwy., Homewood, IL 60430, Rick Ricks, Ph: 708-799-4929
Jung Do Black Belt Academy, 409 E. Main St., Streator, IL 61784, Rick Kondo, Ph: 815-272-9454
Kamitzake Karate Martial Arts, 611 Washburn Ave., Terra Haute, IN 47087, Kristi Parides, Ph: 812-232-6555

Murrell's Karate Academy, 1301 E. Market St., New Albany, IN 47150, Charles Murrell, Ph: 812-948-0059
Rosen Phobis Martial Arts, 1307 W. Columbia St., Evansville, IN 47704-1827, Jeff Westfall, Ph: 812-422-6548

—KANSAS—

Family Martial Arts, 1008 Kiowa St., Leavenworth, KS 66048, Charles Clark, Ph: 913-306-2176, Fax: 913-682-4401
Sagask Karate Family Martial Arts, 301 Cherokee, Leavenworth, KS 66048, Ken Baker, Ph: 913-651-6011

—KENTUCKY—

Fin's Kenpo Karate, 600 E. Leeborthing, 600 Finn Hill Dr., Dunville, KY 40422, Hedd Instructors: Rodney & Felicia Finn, Ph: 502-639-7113, email: finns@sear.com
Hwang's Martial Arts, 2923 Lone Oak Rd., Paducah, KY 42003, James Strohm, Ph: 502-943-0687, Fax: 502-943-0687
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FROM THE ARCHIVES

The 33rd issue of Black Belt was dated September 1966. It was 66 pages long and featured a color painting of Mas Oyama on the cover. (Note: Back issues showcased in From the Archives are not available for sale.)

Vol. 4, No. 9, 50 cents



- In a letter to the editor, a reader asks: "Why in karate don't they make use of slipping the head to the right or left in evading punches, leaving both hands free for counters?" Answers, anyone?
- Chuck Norris beats Ron Marchini by half a point to win the black-belt division at Tak Kubota's International Karate Federation Championship. His victory sets the stage for a possible

rematch with Tonny Tulleners, who narrowly beat Norris earlier in the year at the California State Championship.

- Former U.S. judo champ Ben Campbell holds what may be the first martial arts training event in America: Camp Bushido.

- In part two of his history of the Korean martial arts, Kim Pyung-soo writes: "During the Japanese occupation of Korea, only two faint sparks remained as a reminder of the past glories of [the art that was called] *kwon bup*. They were *tae kyon* and *pak chi gi*. *Tae kyon* was a form of foot fighting, and *pak chi gi* was a form of butting with the forehead, which can be very effective and very painful for the opponent—a fact learned the hard way by Russian soldiers who occupied the country briefly after World War II."

- The British Medical Association conducts a study that exonerates ka-

rate, which has been criticized for inciting youngsters who watch it on TV.

- The 1966 East Coast Open Karate Tournament is a who's who of the martial arts in America. Gary Alexander directs, Maung Gyi acts as chief judge, and Peter Urban, S. Henry Cho, George Cofield and Johnny Pachivas serve as "participating judges."

- The United States Judo Federation plans to expand its youth training program exponentially, eventually encompassing every high school in the nation.

- A reader from Georgia is a fan of the mixed martial arts and doesn't even know it. He writes: "*Boxing Illustrated* carried a story about how a boxer knocked out a judo expert with one punch in less than one minute in Yokohama, Japan, on January 12, 1928. I have always said a good boxer could whip a good judo player. But with a karate expert, it would be something else—he would be able to do away with either one."

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face mask. \$59.95 ea.
MD and LG

Wavemaster Free Standing Bag
Adjustable 52" to 70", 270 lbs.
filled. Available in Black, Red,
and Blue. \$129.95 ea.
Add \$35 for shipping.



New ProForce® Kamias
14" handles, 7" blades, lightweight
\$34.95 pr.
Natural #1947 Black #1948
Red #1960 Blue #1961
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Escrimas
Burned Rattan 1-1/4" dia.
Lightweight, hard, dense, strong
#1913 \$10.95 ea.
Hollow, plastic foam covered
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Rattan 1-1/4" dia.
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Toothpick 1" dia center tapers to
1/2" dia.
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Canadian Ash 1" dia. center tapers
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Steel Sal's with leather handle
(Chrome or blk, octagon or round)
15", 18", 19-1/2", 21-1/2"
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Available in sz. 1-13 \$39.95 pr.
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Tao of Jeet Do (book by
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The Green Hornet (movie
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Foam Practice Speedchuck
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Nylon Foam Practice
Nunchaku
#1208 12" wht \$2.95 pr.
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#1281 12" \$13.95 pr.
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(with grip)
#1232 12" 20 oz. \$39.95 pr.

Nunchaku not sold in NY, MA, and CA
or where prohibited by law



Vinyl Double Clapper Paddles
Adidas® \$28.95 ea.
ProForce® #8725 \$18.95 ea.



Kempo Gloves
leather and canvas with broken
knuckles/vented palms
MO, LG, XL
\$69.95 pr.



Black Satin Belts with Gold
Metallic Embroidery
2" dia. Satin Belts 13 rows of
stitching. Gold Metallic Embroidery
Sizes 3-7
\$39.95 ea.



10 Belt Display
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You earned them now show them!
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Adidas® Adi Champ Tae Kwon
Do Uniform (belt not included)
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Yin and Yang Gear Bag
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#1668 22"x11" \$21.95 ea.



ProForce® Combination
Shin/Kick Guard
covers entire kicking area from instep
to top of shin.
Sizes CM, CL, SM, MD, LG, XL
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Made in Japan
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Straight Blade 440 Stainless Steel Diato
#2001 37" long \$29.95 ea.
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Taekwondo Reversible Chestguard - \$29.95 ea.
Reversible Tournament Design with circle point targets
Sizes CM, SM, MD, LG, XL



Macho® Warrior Gear-Available in Blue or black
Kick \$37.95 pr. Headguard \$43.95 ea.
SIZES CM, CL, SM, MD, LG, XL SIZES SM, MD, LG, XL



Jigsaw Mats - \$44.95 ea.
40" x 40" x 7/8". Lightweight. Snaps together.



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1-3/8" firm cross-link foam.
19 oz. blue vinyl coated
nylon cover. 2" hook & loop
fasteners on all 4 sides.
4 ft. x 6 ft. \$195.00 ea.
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ProForce® Headguard w/Face Cage
Shock reducing closed cell
foam. Soft vinyl cover. Hook &
loop closure. White. \$49.95 ea.
MD, LG, XL



12 oz. Vinyl Boxing Gloves
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